Eric Steven Yudelove

Taoist Yoga and Sexual Energy

Transforming Your Body, Mind, and Spirit

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acknowledgments

The author wishes once again to thank Master Mantak Chia for helping to make this book possible. Some of the material in this book is directly derived, with some modifications, from material found in Master Chia's published works. A great deal of the material that appears herein has never appeared in any of Master Chia's publications. However it is from my nearly 20-year association with Master Chia, first as a student, then as an instructor, and a Senior Instructor for the Healing Tao that enabled me to gain the knowledge and wisdom necessary to write this book. I further thank Master Chia for elevating me to the rank of Tao Master and allowing me to set up my own organization TaoMagic. Our Web site can be found at TaoMagic.com. I wish to thank David Knoll who helped to teach me part of the Er Mei tradition of Chi Kung. I wish to thank Master Yun Xiang Tseng for allowing me to study with him and for his in-depth knowledge of Chi Kung and Kung Fu. I again wish to acknowledge Aurora Press for publishing Mantak Chia's first two books. These books incorporated much of the oral teachings I learned directly from Master Chia before they were set down in writing. I wish to thank Michael ("I'm not a Master") Winn for providing me the support necessary to finish this book. We don't always agree but we are both brothers in the Tao Michael is the head of Healing TaoUSA.

It is with great sorrow that I wish to acknowledge the passing of my wife, Mary Anne, who I always called the Little Fox. This book was completed shortly before her untimely demise. I want you to know that I will always love you, honor you and cherish you until we are once again together. You were a great wife, mother and lover. The Tao is mysterious beyond all things and its Ways are just as mysterious.

In *Taoist Yoga and Sexual Energy,* I have again done my best to present an accurate description of the practices of the Taoists. Much of this material has never before appeared in print. The manner and form of its construction is uniquely my own and I ultimately bear responsibility for its success or failure Finally, I wish to thank the many readers who had success with my previous book *100 Days to Better Health, Good Sex and Long Life.* I deeply appreciated their many encouraging letters and e-mails.

Dedicated to

Mantak Chia,
The Grand Master
&
Jimmy Page,
The Grand Sorcerer of the Magick Guitar

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foreword

I AM SO HAPPY to write this foreword to Eric's new book. Eric has been my friend and fellow Taoist for almost twenty years now. I cannot begin to count the number of times when he appeared, sometimes almost out of thin air, to help me, to give me a message or valuable guidance. He was always there when I needed him, ready to come to his Master's aid, just like in the Kung Fu books and movies that he knows I love so much. Eric rarely asked me for anything in return for his help and services. Sometimes I swear he must have used "the Force" to accomplish what seemed to be absolutely impossible outcomes. I also noticed that however far I went in my own studies and practices, like coming up with a new technique, when I would discuss it with Eric he would invariably tell me, "Oh yes, I just started practicing that myself last week." Incredible. So many times.

Finally, a few months ago, I told him something that I had known for a long time. I told him that he is a Tao Master. With all he has accomplished, in every sphere of his life, he is a Master. He didn't ask me to do this. I remember him after he had done a big favor that had looked impossible to achieve. I asked him, "How did you do that?" He answered, "Well, I'm almost a Tao Master." That's when I could no longer hold back. I told him, "No, you *are* a Tao Master."

Eric is the first of all my students that I have recognized as a Master. This means he is a teacher of the Tao, with his own system. It took me a little while to realize that he had developed his own system. At first I didn't realize what he was doing when he showed me the manuscript of his last book *100 Days to Better Health, Good Sex & Long Life*. I remember we were at one of my workshops in New York City, and he had given me the manuscript for *100 Days* the night before. I was standing in front of a display of my own books when he asked me how I liked his book. I answered, "You took this book (pointing to the book) and this book (again pointing), and this book (pointing) and this book and this book, etc. You put *all* my books in *your* book. How did you do that?" I remember his answer. "I took all your books, but I added something from some ancient sources that you don't have in any of your books."

And this turned out to be a true statement. I now recommend *100 Days* as the best introduction for all serious beginners of the practices of the Tao, and to every practitioner of my own International Healing Tao. In this new book, *Taoist Yoga and Sexual Energy*, Eric has created a true Taoist spiritual masterpiece. I am just amazed at how he has woven together so many intricate Taoist teachings and made them simple to comprehend and accomplish. His description of the sexual alchemical formulas, Turning the Yin-Yang Waterwheels, surpass any description of Taoist Sexual Alchemy anywhere else in the English language.

But he has also done so much more here. Bone Marrow Breathing will someday be shown to be one of the most important forms of self-healing ever devised by humankind. Eric shows how to do it in a masterful presentation, along with the techniques of using sexual energy to increase the efficiency of the exercise. It may be that the breathing exercises in the Chi sections of *Taoist Yoga and Sexual Energy* have never before been adequately described in the West. Beginning with Hair Breathing, going on to Four-Square Breathing, Bone Marrow Breathing, and finally Whole Body Breathing. These longtime secret Taoist techniques are being presented openly to the West, where they cannot be suppressed by any oppressive government controls. Real Taoist practices are herein preserved by Master Eric, not censored and distorted versions resulting from the suppression of the Taoist teachings during the past thirty years. Eric is very brave to bring these teachings to the West. He is my Brother Taoist.

I salute you, my friend.

Master Mantak Chia
Tao Gardens,
Chiang Mai, Thailand
September 5, 1999

preface

THE ENERGY FROM A STAR is the underlying basis of all life on our planet. If there were no Sun, there would be no life on Earth. If there were no Sun, there would be no Earth. The gravitational pull of the Sun allowed the planets to form and settle into orbit, creating our Solar System.

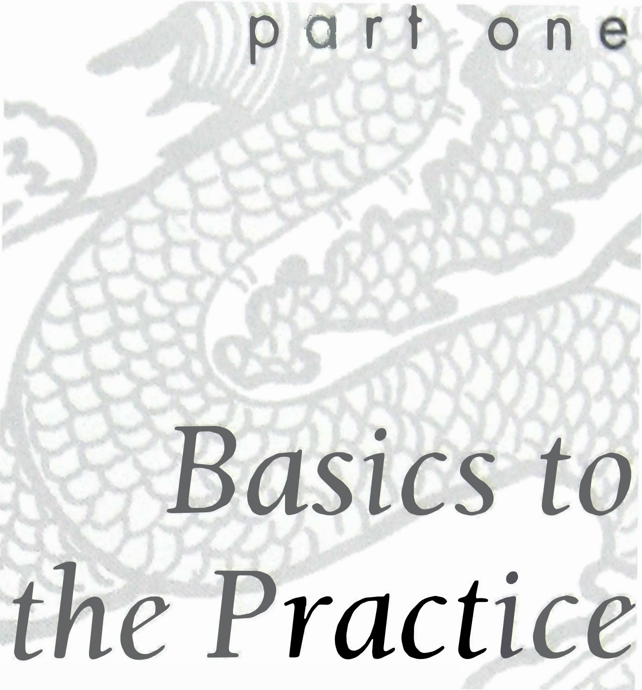
How divinely inspired is the structure of our Solar System? What awesome power devised this extraordinary structure? Our Sun is a life-creating factory. It also sustains life and allows the evolutionary process to unfold and bring forth intelligent life on our planet.

Who knows how many other stars out in space are also life-producing factories? Once it was fashionable to believe that ours was the only one. Logic tells us that this is not the case. As of yet we have no proof of life anywhere else in our Solar System, let alone in our galaxy or the billions of other galaxies that inhabit our universe.

As we go forward into the millennium, our knowledge of the size and scope of the universe keeps expanding. Science and religion are rapidly reaching the same point as they attempt to explain the origin of the universe. Science has even postulated that ours is only one of an unknown number of universes that pop into and out of existence through Black Holes in space. The mind reels at the possibilities, and the endless enormity. The more we learn, the more mysterious it all becomes. I read books on modern physics and come away thinking that nothing is real. It is all being instantly created, like the signal on a television set. Yet where is the source of our signal? Where logic can no longer penetrate, there magic begins.

The Tao, in its form as God the Creator, is the great magician who brought forth our universe out of nothing. The creation of intelligent life is its greatest trick. But to what end this intelligence?

I once lived near a park and had a favorite tree I would often walk to and contemplate. It was a big, old, ugly tree, but it had a majestic presence, and came to be very special to me. One night I asked the tree a question and was surprised when my tree answered. I asked, "Tree, if we are both alive, what is the difference between a man and a tree?" It responded, "I am a tree. I can only be a tree. But you are a man. A man can be *anything.*"



part one

Basics to the Practice

Oneness

ONENESS WITH THE UNIVERSE. You are one with the universe. How can this be? What does it mean?

You are made of the same "stuff" as the universe. You and the universe share a common source. Call it the Tao. We were all born out of the Big Bang known as creation. Our Original Father and Mother are ultimately the same. The same for me as they are for you. I share the same origin as a rock or a tree. Our source is all the Tao. The Tao is the source of our Original Father and Mother.

Our Original Father is the creator of the universe. He is Father Yang, the great celestial architect, who brought forth the creation according to his plan. He is my father. He is your father. Some call him God, some call him by a different name, some call him by no name at all. Call him what you will. He is still the same Father.

Our Original Mother sustains the universe. She is Mother Yin, nurturing all that is from the smallest subatomic particle to the stars and galaxies themselves. She is my mother. She is your mother. Some call her Mother Nature, some call her by a different name, some call her by no name at all. Call her what you will. She is still the same Mother.

The Tao is the source of our Father and Mother. The Tao is a word that means the Way. It is a title. It is not a name. The real source is nameless. It is beyond names and titles.

I am part of the Tao. You are part of the Tao. We are made of the same "stuff." If you can get beyond the words and titles, there in the silent realm you can realize your oneness with the source of the universe. Each of us is a universe in miniature. We have the same source and are made of the same "stuff."

Realizing your oneness with the universe is no easy task. It is an adventure that has many roads and pathways. Come, let me show you a few.

We live on the surface of the planet Earth, surrounded by a vast ocean of Chi that reaches high into the sky. We need this ocean of Chi to sustain us and keep us alive. Remove the Chi and we die. Chi nourishes us and sustains our lives.

If you substitute the word "air," in place of Chi, it becomes perfectly intelligible to the Western mind. The primary meaning of Chi is air. Who would deny that we live in a vast sea of air called the atmosphere? No rational person could deny this. Likewise, since air and Chi are synonymous, no rational person could deny that we all live within a vast ocean of Chi. Take away the Chi and we die.

It should be easy to see why Chi also came to be associated with the energy of life. What is this mysterious life force? The Taoists call it Chi. Do you have a better name for it? When you have no Chi, you have no life force. In this sense, Chi is even vaster than the ocean of Chi that surrounds us. The life force exists in places where air doesn't reach, like underwater. The Earth's seas, lakes, rivers and ponds all support life. This underwater life quickly dies if it is transported out of the water and into our ocean of air, just as we would soon perish if we tried to breathe underwater. All living things are sustained by this life force. In turn, all living things have their own life force. Thus we understand that each living thing has its own Chi.

From life force energy, the meaning of Chi expands to energy itself. Virtually everything in this universe of ours has some form of energy. Even non-living things have energy on a molecular, atomic or subatomic level. There is Chi in every atom of matter anywhere in the universe. A rock has Chi. Water has Chi. A tree has Chi. The organs inside our bodies have Chi. The Sun, Moon and planets that make up our solar system have Chi. The stars and constellations out in space have Chi.

The Taoists learned to tap into all these forms of Chi to better understand the oneness of all things. This is what you will learn in this book.

What is Internal Alchemy?

Alchemy is generally understood to mean transforming one thing into something else, changing it. Internal means taking place inside. Together they refer to causing changes to take place inside your body.

The process of Internal Alchemy is not nearly as well known as External Alchemy. External Alchemy, as everybody in the West knows, was concerned with changing base metals like lead into gold. The alchemist sought to change the very essence of matter, one metal into another kind of metal. To this day, science cannot do this in the laboratory (they can do it on a limited basis in the field with hydrogen bombs). If any of the alchemists were successful, and there are stories that a few were, some unknown giant corporate conglomerate, for fear of losing huge profits, must have bought up their secrets and buried them deep inside a cave, along with the formula for changing water into gasoline. The External Alchemy of the West is basically concerned with the birth of modern chemistry, which historically began in the late eighteenth century. Although to this day, if you search diligently enough, you can find Western Alchemists still trying to turn lead into gold.

In ancient China, External Alchemy also referred to this quest to change lead (cinnabar) into gold, but more importantly it referred to the quest for immortality by ingesting various substances, especially gold and cinnabar. The quest for the pill of immortality is a theme that runs all through Chinese history, legends and mythology. The *Pao Pu Tzu* (the first part of which is known as the *Nei Pien* or Inner Part) by Ko Hung in A.D. 320, is the earliest known complete text that describes the various processes, formulas and beliefs of the early Chinese alchemists.

Although there is really no historical proof, external alchemy probably began in that period of time known as the Bronze Age, which followed human evolution as we climbed out of the Stone Age. The knowledge of how to make bronze out of copper and tin must have been a highly guarded secret among the ancients who possessed it. Bronze weapons would give a decided technological edge over your neighbors who only possessed weapons of wood and stone. The Bronze Age was followed by the Iron Age, when humans learned the use of iron and later steel, which were likewise radical technological advancements. With our then-limited knowledge of the structure of matter, the belief that gold could be made from lead or cinnabar does not seem so far-fetched.

However, even back in A.D. 320, Ko Hung wrote that along with the pill of immortality and herbs and minerals to cure sickness, it was also necessary to do breathing exercises, calisthenics, learn the correct rules of sexuality, which included the retention of semen to rejuvenate the brain and the healing qualities of sexual intercourse, as well as the knowledge of the five elements and the movement of Energy inside the body. It is the knowledge of these sexual practices, the five elements, and the movement of Energy inside the body that ultimately came to be known as Internal Alchemy.

There are existing books, some even older than the *Nei Pien*, that describe processes for change inside the body in such an obscure and cryptic manner that render them totally useless in practical terms. In the past twenty years, a number of these Taoist texts have been translated into English. For the most part these books are totally useless in terms of setting out a coherent practice for a Westerner to follow. Internal Alchemy deals with changing the energies inside the body. It begins with learning to gather the energies from the five major internal organs and to harmonize this energy and change it from negative to positive energy. We call this process the Fusion of the Five Elements.

The ancient Taoists sought to connect themselves to nature and the universe around them. They believed that humans are a miniature or microcosm of the Universe. They reasoned that in order to connect to the energies of the outer universe, it was first necessary to learn to control the energies of your inner universe. The process is one of refining yourself, so that you are capable of absorbing energy from nature, from the Earth, as well as from the planets, stars and constellations, thus becoming a universe in miniature.

A good deal of Taoist philosophy is concerned with the oneness of the universe. This is often a baffling concept to Western thinkers. Hopefully, by the time you finish this book you will better understand this underlying oneness. The beginning practices of Internal Alchemy are highly beneficial and are primarily concerned with changing Negative Energy into Positive Energy. This transformation from Negative Energy to Positive Energy is what it's all about. It's a simple concept.

In this book you will learn Taoist practices designed to bring you better health, good sex, rejuvenation and long life. You are going to learn true Taoist transformational exercises. First you will learn how to gather your Energy, then how to harmonize your Energy to begin the process of transforming the harmonized Energy into Positive Energy. If this all sounds mysterious—and I admit that it does—it will all become clear as you begin the practice of Internal Alchemy.

The Three Treasures of Taoism: Learning the Basics

The Taoist practices consist of regulating the Three Treasures of Taoism. These Three Treasures are: Chi (or Qi), Jing, and Shen. For our purposes, we translate them as breath, body, and mind. In this book we will use what I call the "Three-Pronged Approach" to learn about the Three Treasures. Each week, for 100 days, in fourteen weekly lessons, you will learn practices for each of the Three Treasures of Taoist Yoga: Chi, Jing, and Shen, or breath, body, and mind. This provides a balanced approach to a subject that could otherwise appear quite challenging to piece together into a workable system.

In this section you'll learn the basics of the practice, so you will be prepared to undertake the practices of the fourteen weekly lessons.

Breath

As already mentioned, Chi is both breath and our life force energy. Generally we will refer to Chi as Energy. Energy circulates in our body in channels often referred to as acupuncture meridians. The First Treasure of Taoist Yoga concerns the practice of regulating Chi.

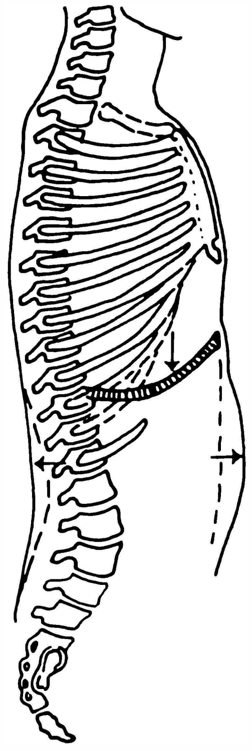
The most basic of all Taoist Yoga exercises are the breathing exercises. In the First Treasure practices, we learn different methods for controlling and regulating our breath. There are two basic breathing techniques that you should know and practice in preparation for the lessons in this book. They are called Abdominal Breathing and Reverse Breathing.

Abdominal Breathing

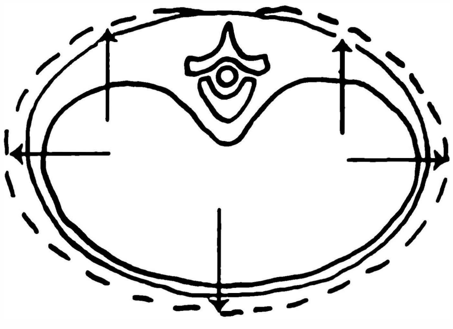
In Abdominal Breathing, you push down on your diaphragm as you inhale. Try to keep your chest and rib cage flat and relaxed as you breathe in. This causes your lower abdomen to expand on all sides. This is why it's called an Abdominal Breath. When your lungs are full, exhale slowly and allow the lower abdomen to contract, using a minimum of muscular force, and relax your diaphragm.

It is a very efficient breath; it is the way young children breathe. You not only take in more oxygen as you breathe, but you exert less muscular effort as you do and it has a massaging effect on your internal organs. As we age, our breathing tends to become more and more shallow. Abdominal and Reverse Breathing will help you maintain deep, healthy breathing.

1. Exhale and pull in the abdomen and stomach toward the spine.
2. The chest and sternum (breastbone) relax and sink. Don't use any force. If you feel a slight pull or flattening of the chest, this is sufficient.
3. Inhale slowly through the nose. Try to keep the chest and stomach flat as you do.
4. Fill the lungs with air. Breathe down to the diaphragm and feel it push downward.
5. The abdomen expands on all sides (not just in front), like a beach ball, as you inhale. There is minimal or no expansion of the chest and/or stomach region above the navel.



6. When you've reached full capacity without straining yourself, exhale slowly contracting the abdomen with slight muscular force and relax the diaphragm.
7. The inhalation and exhalation should be slow, uninterrupted, of equal length and as silent as you can do them. You have made real progress when the breath becomes imperceptible.
8. Do at least three breaths—inhalation and exhalation—initially. If you can, do nine or more each time you exercise.

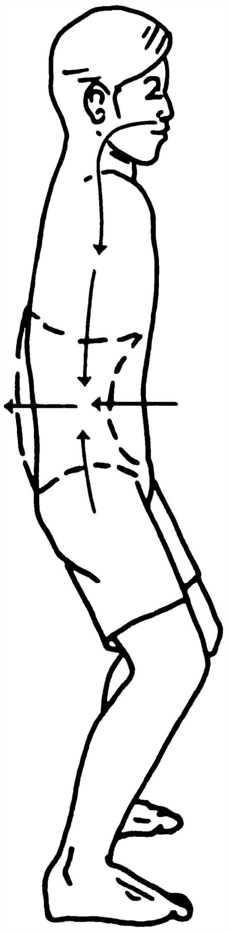


Cross section of abdomen

Reverse Breathing

The second basic breathing technique is called Reverse Breathing. It is the reverse of Abdominal Breathing. As you inhale, you push down on the diaphragm and pull in the lower abdomen toward the spine. When you exhale, you release and expand the lower abdomen. This is the way a fetus "breathes" inside his or her mother's womb. This breath has the same basic benefits as Abdominal Breathing.

1. Begin by doing three Abdominal Breaths. At the final exhalation pull in your lower abdomen and flatten your stomach.
2. Inhale slowly and pull the lower abdomen toward your spine. As you do this, you will feel a downward pressure on your perineum (between the back of your sexual organs and the front of your anus).
3. Pull up on your perineum and sexual organs and simultaneously push down and lower your diaphragm.
4. Exhale and release the sexual organs and diaphragm. Imagine that you are exhaling right through the walls of the lower abdomen, which expands on all sides.
5. Do at least six Reverse Breaths at each session.



You will continue to make much use of these two breathing technique throughout the remaining lessons in this book.

Jing Body

Our major source of Chi (Energy) comes from the various forms of liquids, fluids, and hormones produced in our body. This includes the blood, the lymph system, all hormones secreted by glands in our body, and male and female sexual fluids and hormones, including the sperm and the egg. As a whole they are all referred to as Jing. In English this translates to "Essence." This is a difficult concept for many Westerners. To use a graphic example, if we were turned into wet sponges, what you could squeeze out of us would be our Essence, our Jing.

Jing is not the same as Chi. Essence is not the same as Energy. Essence is converted inside our bodies into Energy.

We absorb the Essence of the food we eat and convert it into Chi that supplies the energy needs of our body. Food and breath are our two main outside sources of Jing.

The practices of the Second Treasure, Jing, make up the bulk of what is often referred to as Chi Kung (also, Qi Gong). If you know any forms of Chi Kung or Tai Chi Chuan (or Taiji Quan) you should continue doing them. If you don't know any, that's all right too. You'll learn a form of Chi Kung in this book. But I'm going to keep it really simple. You will basically learn static, non-moving forms of standing, sitting and lying Chi Kung. You can practice these forms and do the breathing, or Third Treasure meditations, as you hold them.

Eventually you might want to learn some form of moving Chi Kung. It is not necessary to learn Taiji Quan, unless, of course, you want to. For too long, Taiji (Tai Chi) has been the only form of Taoist exercise known to the Western public. For many it is just too complex to learn and I believe this has kept a large segment of the Western population, who could benefit from these teachings, from ever exploring them. Taoist Yoga and Chi Kung are more than Tai Chi Chuan. If you know Tai Chi, great. If you don't, that's fine, too.

The Six Healing Sounds

Before you undertake the lessons in this book, you should know about the practice called the Six Healing Sounds. These are specific sounds that you make to cleanse, cool off, and heal the major internal organs. In Taoist Yoga we are concerned with what is happening inside of our bodies. The Six Healing Sounds are used to get us in touch with our five major internal organs: the lungs, kidneys, liver, heart, and spleen. In addition there is the *Triple Warmer,* which the Taoists recognize as a separate organ. It is not an organ as we understand this term in the West. It is composed of the three regions in the body: upper, middle, and lower. The Triple

Warmer Sound is used to regulate and balance the temperature in these three regions. Each of the five major internal organs is associated (or corresponds) with one of the Five Elements. (The Triple Warmer, however, does not correspond to an Element.) Thus the Healing Sounds also help to regulate the balance of the Elements in the body. Balancing the Elements is crucial to our practice because these Elements help to maintain our health and emotional state. Much of this book is concerned with restoring and harmonizing the balance of the Five Elements in our body. The practice begins with the Six Healing Sounds.

The Healing Sounds are made only upon exhalation. They can be performed while sitting, standing, or lying down. They are sounded very quietly and gently. You direct your consciousness into and around the organ when making the sound. When you are skilled at producing them, the sounds are made sub-vocally, so that they are not audible at all, and seen to emanate from within the organs themselves. This helps to develop inner hearing, the ability to listen inside yourself. You do this all the time when you listen to your mind, but few of us are aware that you can listen to other parts of the body as well.

Color also plays an important role when doing the Healing Sounds. Each of the Five Elements has a color that corresponds to it. Visualizing the organ surrounded by the corresponding color as you exhale and make the Healing Sound, helps to make the process work better. The sounds themselves are very simple. Here's a chart showing the organ, corresponding Element, Healing Sound, and Color.

Organ	Element	Healing Sound	Color
Lungs	Metal	S-s-s-s-s-s-s-s-s	White
Kidneys	Water	Ch-u-w-a-a-y	Blue or (black)
Liver	Wood	Sh-h-h-h-h-h	Emerald Green
Heart	Fire	H-a-w-w-w-w	Red
Spleen	Earth	Wh-o-o-o-o	Yellow
Triple Warmer	Inapplicable	H-e-e-e-e-e	Inapplicable

Lung Sound

1. Place your awareness on your lungs.
2. Take a deep breath (it could be an Abdominal or Reverse Breath).

3. Close your mouth so that your teeth are just touching. Keep your lips slightly open.
4. Place the tip of your tongue against your lower gums just below your bottom front teeth.
5. Exhale and very gently make the sound S-s-s-s-s-s-s-s-s. Try to feel heat radiating out of your lungs.
6. Visualize your lungs bathed in white light.
7. Repeat at least three times per session.

Kidney Sound

1. Place your awareness on your left and right kidneys. They are located on your back side, on both sides of the spine, at approximately the bottom of your rib cage.
2. Take a deep breath.
3. Exhale slowly and silently as you can making the Healing Sound Ch-u-w-a-a-a-a-y ("Chew way"). Pull in slightly on your stomach (Solar Plexus) area as you do.
4. Visualize both kidneys bathed in sapphire blue or black light and feel heat radiating out of your kidneys.
5. Repeat at least three times per session.

Note: The kidneys are the storehouse of the Water Element, which corresponds with cold temperature. Sometimes when doing the Kidney Healing Sound, you will feel excess cold energy emanating from your kidneys.

Liver Sound

1. Place your awareness on your liver. It is located on the front, right side of your body under the lower part of the rib cage.
2. Take a deep breath.
3. Exhale slowly and silently as you can making the Healing Sound, Sh-h-h-h-h-h-h.
4. Visualize your liver bathed in emerald green light and feel heat radiating out of your liver.
5. Repeat at least three times per session.

Heart Sound

1. Place your awareness on your heart.
2. Take a deep breath.
3. Open your mouth slightly and round your lips and make the Healing Sound, H-a-w-w-w-w-w.
4. Visualize your heart bathed in bright red light and feel heat being expelled from your heart.
5. Repeat at least three times per session.

Spleen Sound

1. Place your awareness on your spleen. It is located on the front left side of the body at the lower portion of the rib cage.
2. Take a deep breath.
3. Exhale slowly and as silently as you can, your lips forming a small circle, making the Healing Sound, W-h-o-o-o-o-o. Feel heat radiating out of your spleen.
4. Visualize your spleen bathed in bright yellow light.
5. Repeat at least three times per session.

Triple Warmer Sound

1. Take a deep breath.
2. Exhale slowly and silently as you can as you make the Healing Sound, H-e-e-e-e-e-e-e.
3. Imagine a large roller moving down your body, from your head, through your chest, solar plexus and down to your lower abdomen. Feel heat moving down and out of your body as you make the sound. You might feel it exit through your fingertips and toes.
4. Repeat at least three times per session.

Sexual Fung Fu

Sexual Kung Fu is a major part of the Second Treasure practices. As we age, the primary interior source of Jing in our bodies comes from the sexual organs. In men it is found in the semen and related male sexual hormones, and in women it is in the ova and the female-related sexual hormones. The sexual Jing is converted into a powerful form of Chi inside of the body. As we reach puberty and young adulthood, the sexual Essence, converted into Sexual Energy, becomes the body's primary driving force. By middle age and later, when our sexual potency begins to wane, our energy levels begin to decrease substantially.

The Taoists realized that for men, the loss of semen used up vast amounts of Jing. This happens each time a man ejaculates. The Taoists developed many techniques to conserve sexual Jing and to convert more of this Essence into Chi. The practice of Sexual Kung Fu is based on our ability to convert sexual Essence (Jing) into Life Force Energy (Chi).

Women lose Jing mainly during menstruation through loss of blood. Between a man and a woman having equally active sex lives, the man will lose more Jing. Taoists believe that this is a major reason why, on average, women live longer than men. They have more Essence available for conversion into Energy. From here on we will refer to sexual Jing as Jing Chi, or Sexual Energy.

Sexual Energy is the only energy in our body that increases in force when activated. When you are not sexually aroused, you probably aren't even aware of your Sexual Energy. But once you are sexually turned on, you can feel a tremendous increase in force in your body. How can you measure this increase in force? You cannot, but you can learn to harness it.

The Taoist sexual secrets are perhaps the most advanced the world has ever seen. There are exercises to be learned and practiced by yourself, called Single Cultivation. There are also exercises to be learned and practiced with a partner, called Dual Cultivation. The emphasis in the present book will be on both Single and Dual Cultivation; that is, the Taoist secrets of slow sensual sex, sexual massage, sexual healing, circulation of sexual energy, and connecting with the spiritual aspects of sex.

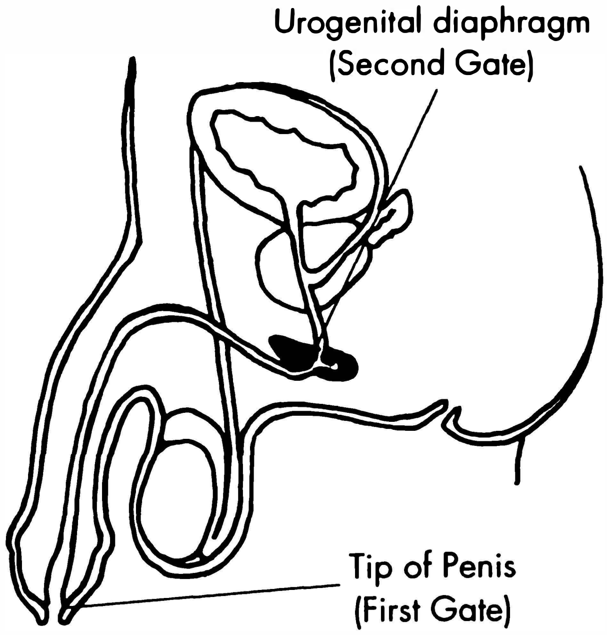
Our sexual organs have what the Taoists called two "Front Gates." If our sexual organs are weak, we leak Energy out of them. Here is an exercise called Closing the Two Front Gates, which was designed to strengthen and tone your sexual organs and prevent the leakage of Jing Chi, or Sexual Energy.

Closing the Two Front Gates

Men: The first gate is located in the opening at the tip of the penis. If you put your concentration here, you can close off the opening. The second gate is located at the base of the penis, where it is attached to the body. Just behind this point is the urogenital diaphragm. If you put your concentration here, you can close this gate as well by contracting the urogenital diaphragm.

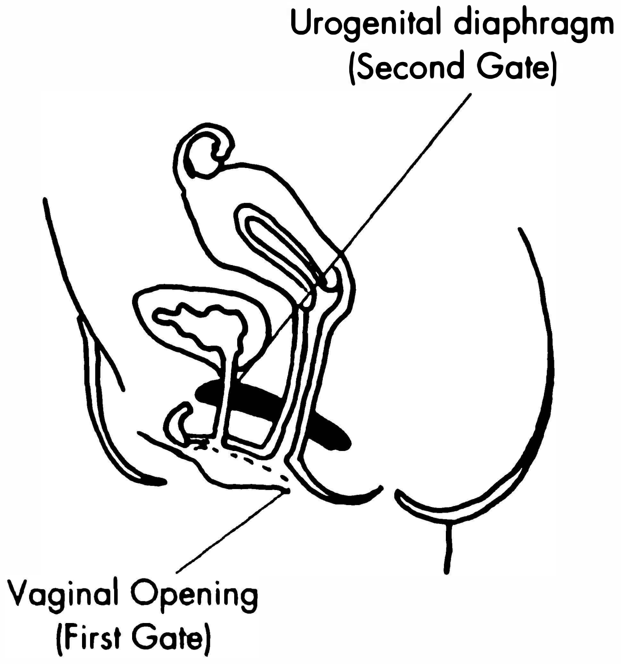
1. Lightly contract the gate at the tip of the penis.

2. Contract the gate at the base of the penis (urogenital diaphragm).
3. Simultaneously gently pull in on the muscles surrounding your eyes, as if you were trying to draw your eyes back into your eye sockets.
4. Do this three to nine times.
5. You do not have to coordinate this exercise with breathing, but you can if you want to. Experiment with pulling up on the inhalation and then with pulling up on the exhalation. Which way feels stronger to you?



Women: The first gate is the opening of the vagina. Concentrate on the opening of the lips of the vagina and contract them. The second gate lies inside the vagina at the urogenital diaphragm in front of the opening to the cervix. If you concentrate here, you can contract this point.

1. Lightly contract the gate at the lips of the vagina.
2. Contract the gate inside the vagina at the urogenital diaphragm.
3. Simultaneously pull in on the muscles surrounding the eyes.
4. Do this three to nine times.
5. You do not have to coordinate this exercise with breathing, but you can if you want to. Experiment with pulling up on the inhalation and then with pulling up on the exhalation. Which way feels stronger to you?



Both Men and Women: If you have any difficulty locating the second gate here is another exercise that also works well to strengthen this gate.

When you urinate, try to stop the flow of urine by squeezing deep inside your penis or vagina. The place you have to squeeze to stop the flow is the location of the second gate. Squeezing the first gate at the tip of the penis or lips of the vagina is unlikely to stop the flow by itself.

The Taoist Yoga approach to sexuality includes many techniques for strengthening the sexual organs and the entire groin area. I refer to this as Perineum Power. The perineum area includes the sexual organs, the perineum itself and the anus, as well as the Pubococcygeus (PC) muscle which surrounds the entire area, running from above the sexual organs to the coccyx (tailbone). The benefits derived from strengthening this area are too numerous to mention. Your entire body sits on top of the perineum area. If it is weak, it weakens your whole body. Energy and Sexual Energy (Chi and Jing-Chi) easily leak out of the Front Gates (sexual organs) and Second Gate (anus) if the muscles here aren't toned. Learning to close or seal the gates helps to conserve Energy and as you will learn, to direct Energy to various parts of the body.

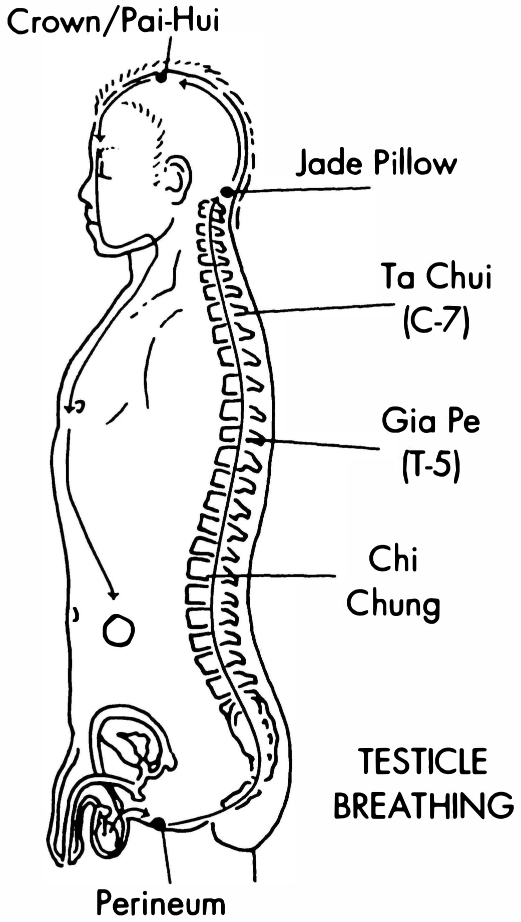
The ancient Taoist literature often stressed strengthening the lower abdomen (including the perineum area) as crucial to building a firm foundation in the practice of Taoist Yoga. Taoists learned to reverse the direction of Sexual Energy, so that instead of flowing out of your body, you learn to re-channel this Sexual Energy and make use of the tremendous increase in force that it provides you. Here are two basic exercises you should be familiar with before you begin the further exercises in this book.

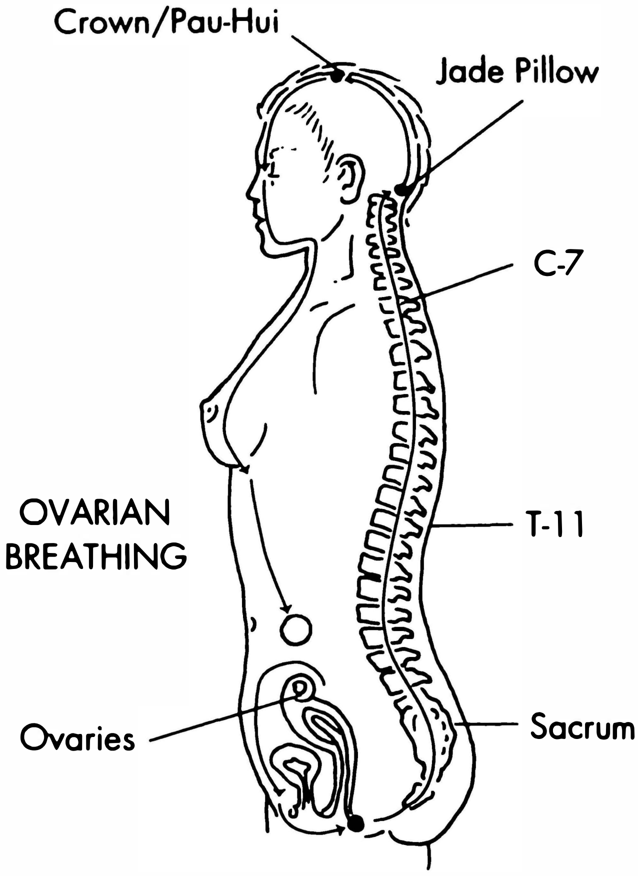
Testicle and Ovarian Breathing

The first sexual exercise you should know is called Testicle Breathing for men, and Ovarian Breathing for women. It is a simple and gentle exercise and is basically the same for both sexes.

Sitting near the edge of a seat, the man puts his awareness on his testicles; the woman puts her awareness on her ovaries. Taking a deep but gentle breath, the man uses his mind and slight muscular contraction to lift up the testicles. The woman slightly contracts the lips of the vagina while mentally pulling the ovaries' energy down to the perineum. When the Sexual Energy begins to increase, it is slowly led, by your mind, up to the coccyx (tailbone) and step by step up to the sacrum, spine, neck, and into the head. This procedure is done nine times, filling the brain with Sexual Energy. Men then spiral this energy nine times clockwise, then nine times counter-clockwise in the head. Women spiral this energy in a reverse pattern, nine times counter-clockwise and then nine times clockwise.

Lift the tip of your tongue to the roof of your mouth, just behind your front teeth. Mentally guide the Energy down through your tongue and continue down the front of your body and then store it (leave it) behind the navel. This exercise strengthens the entire pelvic area and brings revitalizing Sexual Energy (Jing Chi) up to the brain.





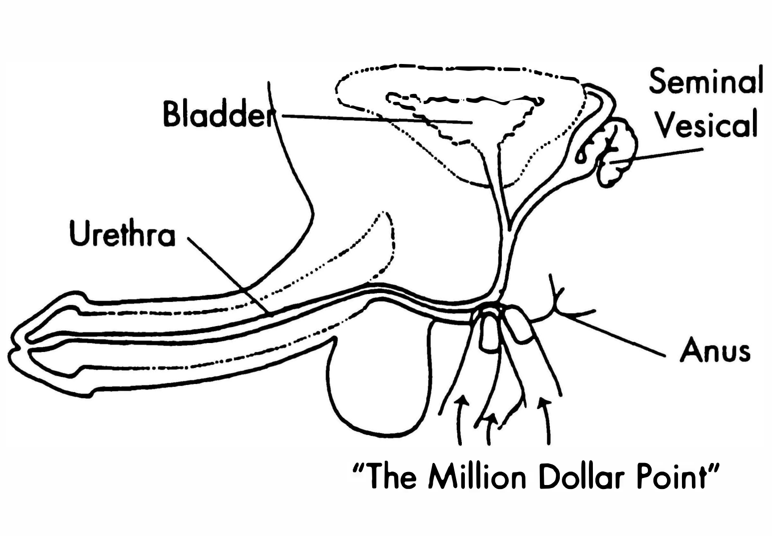
The Big Draw

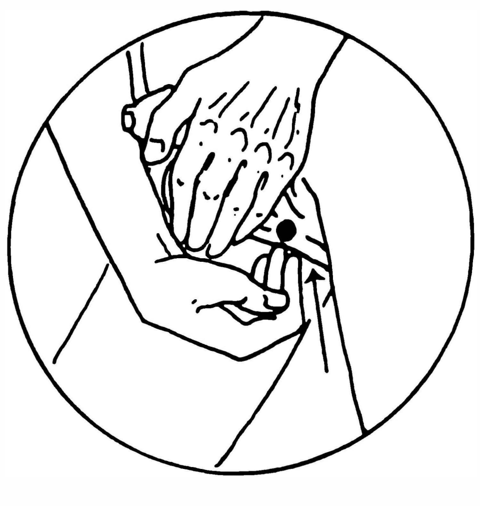
Also known as the Power Lock for men and Orgasmic Upward Draw for women, the Big Draw is a powerful technique for drawing aroused Sexual Energy up to the higher centers of the body, thereby transforming it into Life Force and spiritual energy (a higher form of Shen). These methods are used in both single and dual cultivation, which means that they can be practiced with or without a sexual partner. This exercise is especially important for men because it begins the process of learning to control ejaculation. In Taoist theory, man loses a tremendous amount of energy when he ejaculates. This accounts for why men generally feel tired after orgasm. By learning to control orgasm, he can retain rather than lose this energy. Practice leads to the ability to actually have an orgasm without ejaculating. Women do not lose Sexual Energy during orgasm. They can experience multiple orgasms and actually feel energized. This is why the Taoists say that men's Sexual Energy is limited, while women's Sexual Energy is unlimited. Women do, however, lose Sexual Energy during menstruation.

Again, the exercise is basically similar for men and women. Whether you are doing this with a partner or alone using masturbation, it is necessary that you be fully sexually aroused before starting the exercise. You should be close to orgasm. This is especially important for men. Once a man reaches orgasm, it's too late. This is less important for women, because they don't lose Sexual Energy from orgasm.

Begin by inhaling a short sip of air, then push the tongue up to the roof of the mouth and clench the teeth. Pull the chin inward toward the back of the neck, contract the muscles in the eyes and look upward toward the crown. Tighten your anus and buttocks and pull up the genitals. This activates the sacral pump which sends Sexual Energy up the spine. Clench the fists, arms and legs while keeping your shoulders and chest relaxed. While this all sounds complicated, when it is done, it all happens just about simultaneously. Sexual Energy is then drawn up the spine and into the head. It is spiraled there in the same manner as in Testicle/Ovarian Breathing. Then raise the tip of your tongue to the roof of your mouth and draw the Sexual Energy down to the navel and store it (leave it) there. You can do this exercise anytime you have privacy. It is not a good exercise to do just before you go to sleep because you will build up energy that can keep you awake.

Men, remember that you want to conserve as much Sexual Energy as possible, not to lose as much as possible. You don't want to become too sexually aroused so that all the Jing Chi is lost through orgasm and ejaculation. If you feel yourself getting too aroused, stop and do some rapid Abdominal Breathing and look up and to the left with your eyes. Use the index, middle and ring fingers of either hand to locate the depression in the perineum just behind the testicles and press inward and upward with the middle finger. The Taoists refer to this as the Million Dollar Point. You'll have to feel around for it before you do the exercise. Just pressing on the perineum will not stop the flow of sperm. You must find the small depression, your Million Dollar Point. By experimentation, you should be able to locate it. By practicing using masturbation, you can learn to have an orgasm but prevent the loss of sperm. Afterward massage the perineum with the three fingers. The wealth of sexual knowledge gathered up by the Taoists over the centuries was enormous. I have just touched on some of it here. There's much more to come.





Mind

The Third Treasure—or Shen—exercises involve calming the mind, calming the emotions and learning to use your mind to guide and direct the flow of your Chi—your Energy. The inner world of the Taoists was filled with many unique approaches to how we are capable of using our minds. This part of Chi Kung is fun. It is also, in many ways, the most profound part of the practice.

The Inner Smile

The benefits of the Inner Smile are almost too many to mention. Firstly it continues the work of calming and focusing the mind. The Inner Smile, along with the Six Healing Sounds, are the two basic Taoist practices for stress control. Smiling energy has great healing potential. The Inner Smile helps to release trapped negative energy and replace it with happy, positive energy.

Smiling into an organ and filling it with happy, loving energy, as a calming and self-healing technique, really makes perfect sense. After a while at the practice, the smile begins to radiate from inside of you. Other people will sense your smiling energy and react favorably to it. A real smile can often work "miracles." A real smile that comes from deep within you is like a ray of sunshine on a cloudy day. So we will learn, as the *I Ching* says, to "Be not sad, be like the Sun at Midday."

Each of the five major organs corresponds with one of the Five Elements. By learning to direct smiling energy into each of the five major organs, we continue the process of balancing the Five Elements inside of our body. This has a direct effect on our emotional state. The process works like this: the organs control the balance of the Elements inside of us. These Elements control our emotional state. By smiling into our organs, we get them to calm down, relax, and function more efficiently and—most importantly—convert negative emotions into positive emotions. This in turn helps to balance the Five Elements. Balancing the Five Elements neutralizes negative emotions, resulting in a more positive emotional state.

Western psychology looks almost exclusively at the brain as the control center of our emotions. The Taoists have known for thousands of years that our internal organs play a key role as well. Too many of us are no more aware of what is going on inside ourselves than we are of what goes on inside our cars or computers. But doesn't it make sense that to keep ourselves healthy we should be aware of our major organs, and keep them happy and healthy by smiling into them and thanking them for keeping us alive? It does to the Taoists.

The Inner Smile is a wonderful technique. The student learns to draw a happy smiling sensation into the eyes. The eyes are considered to be the two positive poles of the body, thus the work of transforming the body's negative energy into positive energy begins here. From the eyes, the smiling energy is directed down into the body in three "lines." The front "line" consists of the major organs: the heart, lungs, kidney, liver, and spleen.

The middle "line" starts in the mouth and works its way down the throat and into all the organs of digestion.

The back "line" goes through the brain, then down the inside of the vertebrae of the spine, one by one. With a little practice it can be done rather quickly and the entire body begins to exude a positive, happy feeling. In addition, smiling through the eyes can work wonders on people you meet or deal with during the day. The Inner Smile is a powerful transformational technique. All the meditation practices that follow in this book are enhanced if they are preceded by a quick Inner Smile.

Step One: The Front Line

Sit up in your chair without using the back of the chair to support you. Sit with your knees close together, both feet firmly on the ground. Your hands are clasped in your lap, your left palm facing up, right palm down.

Close your eyes. Breathe regularly. Inhale—exhale. Relax.

Put your point of concentration on the tip of your nose. Be aware of any muscular pull to the left or the right. Balance out the pull so that there is no pull to either side.

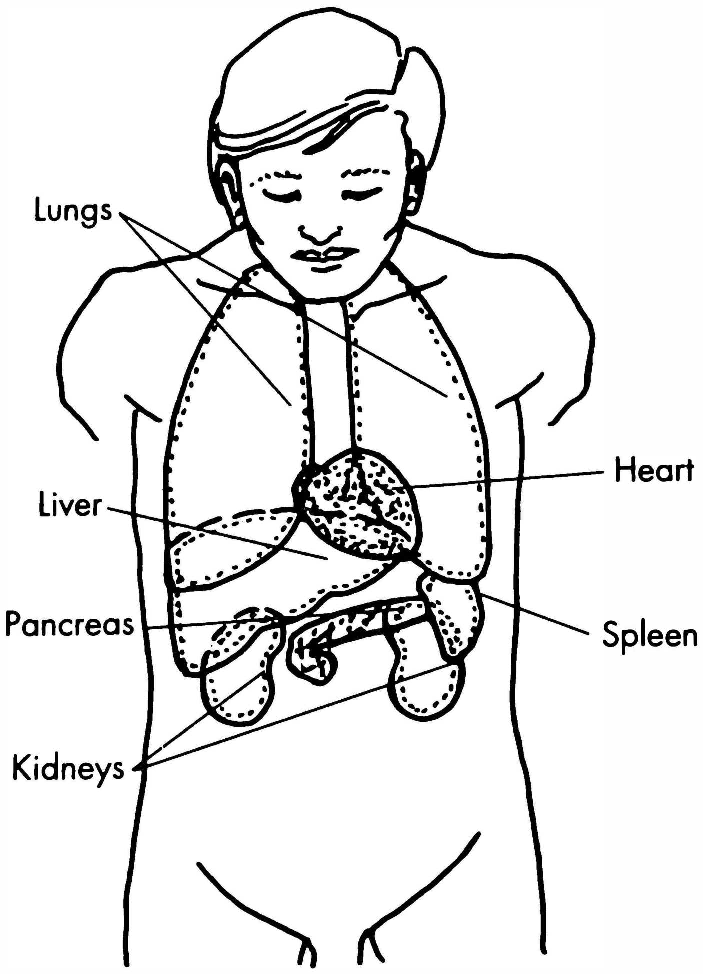
After a few moments, raise your point of concentration to the mid-eyebrow.

Imagine a smiling sun or a friendly smiling face. It could be a loved one or a fantasy lover, or it could be the smiling face of a baby. Feel the smile go directly into your eyes. Your left eye begins to smile and your right eye begins to smile. You lift up the corners of your mouth and feel your cheekbones raise and the corners of your eyes crinkle up into a smile.

The smile moves over your whole face and scalp. It moves down through your face to the roof of your mouth, which relaxes as you smile. You raise the tip of your tongue to the upper palate just behind the teeth. The happy smiling energy goes down your tongue, through your throat and moves to the thymus gland in the center of your chest behind the sternum or breastbone.

Smile into your thymus gland. Feel it expand and open up and blossom like a flower. The thymus is the gland of rejuvenation. It is activated by smiling.

Smile into your heart. Surround the heart with a bright red light and feel it smile and blossom like a flower. Feel happiness in your heart.



Smile into your lungs. Surround your lungs with a metallic white color and feel your lungs smile.

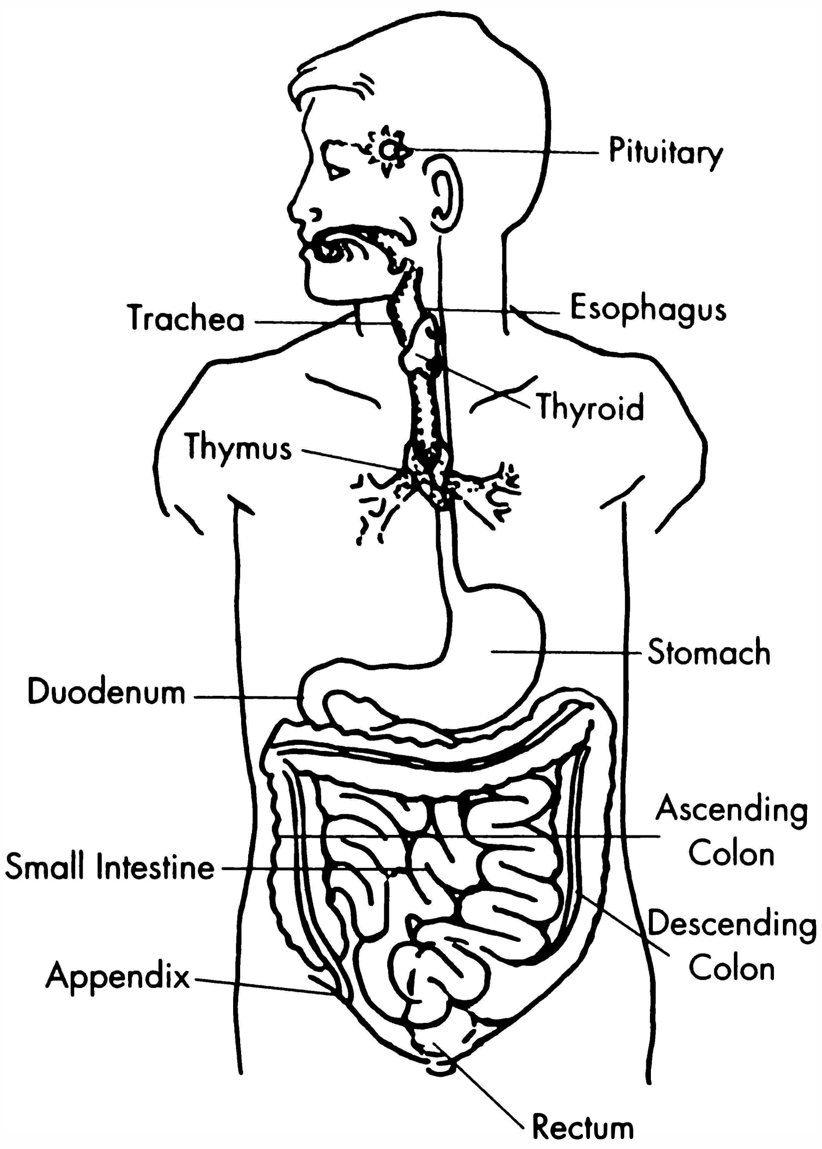
Smile into your liver. Surround the liver with an emerald green light and feel your liver smiling.

Smile into your kidneys. Surround your two kidneys with a sapphire blue (or gleaming black) light and feel your kidneys smiling.

Smile into your spleen (stomach area including the pancreas). Surround your spleen and pancreas with a bright yellow light. Feel your spleen and pancreas smiling.

Step Two: The Middle Line

Reestablish the smile in your eyes. You will now learn to swallow saliva in the Taoist manner. We want to increase the flow of saliva in the mouth. Saliva can be energized by smiling into it. Place the tip of your tongue between the front of your teeth and the back of your lips. Circle the tongue between the teeth and lips nine times. You can do it in either direction. Circle all the way around.


Pituitary
Trachea
Esophagus
Thyroid
Thymus
Stomach
Duodenum
Ascending Colon
Small Intestine
Descending Colon
Appendix
Rectum

When you have done this, put the tip of the tongue behind the teeth and circle six times in the opposite direction than above. Feel your mouth fill with saliva. Now, smile into the saliva. It will act like a magnet to hold the smiling energy. Imagine a smiling sun radiating happiness and absorb it into the saliva.

Place the tip of your tongue on the roof of your mouth, just behind your upper teeth. Pull your chin in and straighten the back of your neck and with a gulping sound swallow the saliva.

Feel the inner smile travel down your throat and esophagus and into the stomach. Feel it continue to move through all the organs of digestion. Smile into the small intestines, which are about seven yards long in the middle of the abdomen.

Smile into the large intestines, the ascending colon, starting on the right side by the hip bone, then across the transverse colon to the left side and down the descending colon, into the sigmoid colon which lies within the pelvis, and finally into the rectum and anus. The large intestines are about a yard and a half long.

Now reestablish the smile in your eyes and try to feel that smiling sensation throughout your entire digestive system. Lift up the corners of your mouth and crinkle the outer corners of your eyes.

Step Three: The Back Line

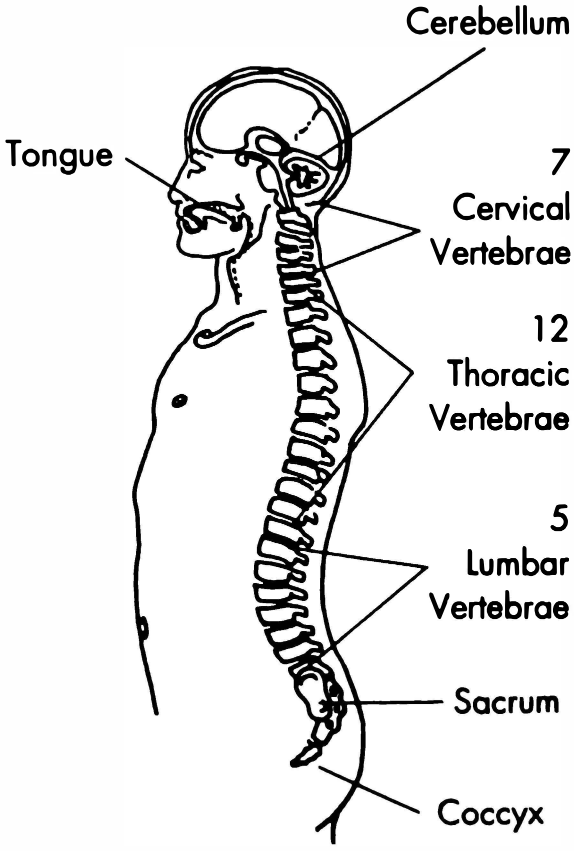
Smile into your eyes, then direct the smiling energy into the left side of your brain. Forget about everything else. Feel the whole left side of your brain just light up, smile, and relax. Feel the smile move back and forth, up and down and all around the left side of the brain.

Now, move the smile over to the right side of the brain and forget about everything else except that smiling right side of the brain. Feel it light up. Move the smile around upwards, backwards, down, and around and feel the whole right side of the brain smiling.

Now, put your awareness on the wall between the two hemispheres of the brain, feel that smiling energy go right down the center. Feel as if there is no longer any wall there. Go all the way down to the back of your head, to the cerebrum and the medulla. Direct the smiling energy down the back of your head until it finally enters the point where the back of the skull and the neck meet.

Feel the smiling energy enter the spinal column. Now, smile into each vertebra of the seven cervical vertebrae of the neck, one by one, moving slowly downward until it gets to the base of the neck and enters the spinal column itself. Feel the smiling, loving energy enter the top of the twelve thoracic (chest) vertebra and move slowly downward, one by one. Feel it descend down the back, down to the level of the heart. Then down to the level behind the solar plexus. Down to the point behind the navel where it enters the five lumbar (lower back) vertebra. Feel it continue all the way down until it reaches the triangular bone known as the sacrum. It continues to go down right through the fused vertebrae of the sacrum all the way down to the coccyx, the tailbone.

Now, feel as if your whole brain and spine are filled with the smiling, loving energy. Just relax and feel it. Move the smiling energy up and down the spine and it spreads out into the entire nervous system. Feel all the nerves in the body, and in the



arms and legs, hands and feet, fingers, and toes. Feel as if your entire nervous system is smiling.

Now, move the smile back into the two eyes and we'll do the last of the Six Healing Sounds, the Triple Warmer Sound. It will feel like a wave of energy is moving from the top of the head, down through your neck, through the chest, arms, torso, abdomen, and legs. It moves all the way down to your feet. Send any remaining negativity in your body right out through your fingertips and toes.

Ready? Smile in your eyes. The Healing Sound of the Triple Warmer is: H-e-e-e-e-e-e. Feel it moving down through your body like a wave. Inhale and then exhale slowly, making the Healing Sound. Establish the smile again. Inhale, now exhale: H-e-e-e-e-e-e. Do it one more time.

Now, just relax for a minute.

Slowly open your eyes.

Rub your hands together until they get warm and massage your face, your forehead, nose, ears. This is a facial Chi massage.

The Microcosmic Orbit

There are many ways to teach the Microcosmic Orbit. It can be done standing or sitting. The common denominator of all methods is to open the Governor and Functional Channels, which comprise the Microcosmic Orbit and are the two main Energy Channels in the body. The Governor Channel begins at the perineum, the point between the genitals and the anus, and runs up through the coccyx (tailbone), into the spine and up through the neck, over the top of the head, down to a point behind the eyebrows, finally reaching the top of the palate, in the roof of the mouth just behind the teeth. The Functional Channel runs from the top of the palate, inside the mouth, down through the neck, chest, solar plexus, navel and past the genitals to the perineum, Energy can flow in these channels in either direction. However, in most people these channels can be blocked or weak.

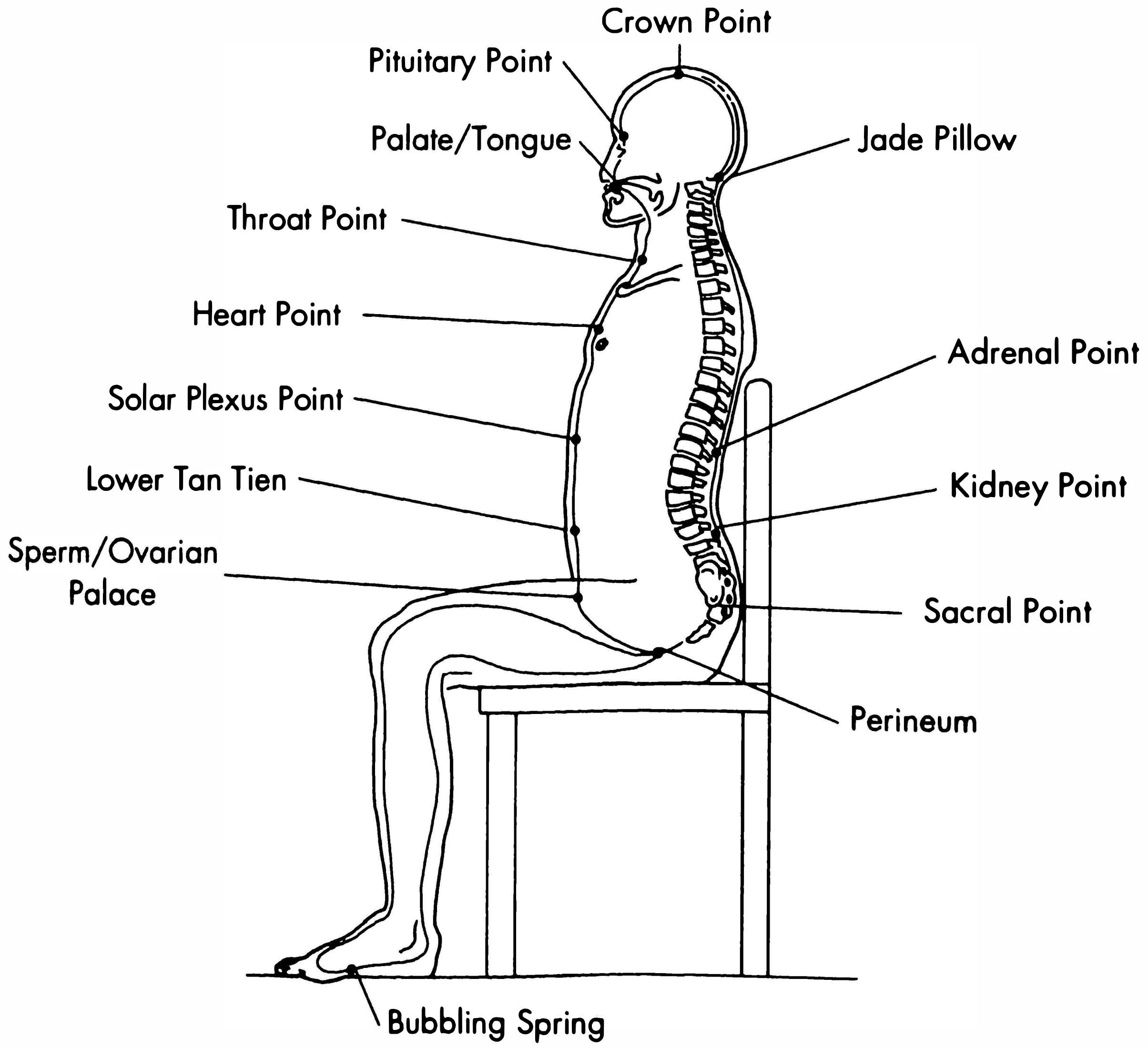
To complete the Microcosmic Orbit, we must join the Governor and Functional Channels. Chi is raised up from the perineum past the base of the spine and up the Governor Channel, over the head and down the Functional Channel in the front of the body to the perineum (or Hui Yin). The key to getting the orbit started is by "throwing the switch"—lifting the tip of the tongue to the roof of the mouth, and thus "completing the circuit."

The flow of Chi is directed by your mind. We generally begin to do the Microcosmic Orbit by concentrating on a point behind the navel known as the Lower Tan Tien.

With a few weeks of practice, this navel center will begin to feel warm when you concentrate on it. This warm feeling will move into the Microcosmic Orbit. This practice is often referred to as the Warm Current Meditation. At the end of a session, which should last fifteen minutes or more, your concentration returns to the navel and Energy is stored there in the Lower Tan Tien by circulating the Chi around the navel.

The Lower Tan Tien is seen as the center of gravity of the body. Just as a fetus is attached to its mother by the umbilical cord at the navel, so too the practitioner of Taoist Yoga begins the process of attaching him or herself to the Earth and the infinite at the Tan Tien center behind the navel. Many spiritual practices talk about the need for centering, in Taoist Yoga this concept is taken literally.

The Tan Tien is at the center of the body. Its exact location differs in each person, but its general location is one to one and a half inches directly behind and slightly below the navel. The Taoists believed that when a human fetus was still in the womb, it received a special type of Chi through the umbilical cord. It was called Prenatal Chi and circulated freely in its Microcosmic Orbit as well as in all its other energy meridians. The fetus was maintained in a state of perfect health,


Crown Point
Pituitary Point
Palate/Tongue
Jade Pillow
Throat Point
Heart Point
Adrenal Point
Solar Plexus Point
Lower Tan Tien
Kidney Point
Sperm/Ovarian Palace
Sacral Point
Perineum
Bubbling Spring

growth, and equilibrium. After birth, the Prenatal Chi slowly loses its control over the body. As time passes, the Chi no longer freely circulates in the meridians. These meridians, or energy channels, become blocked resulting in emotional imbalances, physical ailments, sickness and frailty in old age.

The following is a guided Microcosmic Orbit session along with a description of all the important energy points the Chi passes through the Governor and Functional Channels.

Establish a smile in your eyes. Smile down to the Navel Center, the Lower Tan Tien. It is right underneath your navel, an inch to an inch and one-half inside. The navel is the point where we originally drew energy from our mother. It is the source of original energy. It is our Earth Center, the Lower Tan Tien.

Smile into the navel. When the Navel Point is open, you feel balanced. When the navel point is closed down or obstructed, it results in sloppy, picky, or distracted behavior.

Now, inhale and exhale rapidly. Expand and contract the abdomen with short, quick Abdominal Breaths. Breathe in and out through your nose. Do eighteen quick breaths. The navel area should become much warmer. This is called Bellows Breathing.

Now, smile down to the Sexual Palace. For women, it is known as the Ovarian Palace, and is about three inches below the navel just above the vagina. In men, it is known as the Sperm Palace and is located at the base of the penis, beneath the pubic bone.

When the Sexual Palace is open, you have a sense of creative and personal power. When it is closed down, it is difficult to enjoy life.

Put your concentration on the Sexual Palace. Now, move the energy back and forth from the Sexual Palace back up to the Navel Point and then down again. Do it a few times as if you were "washing" the channel. Up, then down. Inhale up to the Navel Point, exhale down to the Sexual Palace.

Smile down to the perineum, the Gate of Death and Life. Energy can escape from this point so it must be sealed. When the perineum is open, you feel grounded. When it is closed down, you feel insecure. Move the Energy back up to the Sexual Palace, then down to the perineum a few times.

Next you must pull the energy around the coccyx so it can rise up the spine and enter the Governor Channel. To do this, use Reverse Breathing. First inhale and contract the perineum, the point between the sexual organ and the anus. Take a second sip of air and contract the anus itself. Now take a third sip of air and contract the muscle about an inch above the anus just below the coccyx. Exhale. As your technique improves, the movement becomes rhythmic.

Do the three step contraction method again. Inhale, contract the perineum, inhale again without exhaling and contract the anus. Now inhale again and contract the muscle about an inch above the anus on the backside. Feel the Energy come around the lower part of the body.

Now press down on the ground with your feet and feel the Energy rise up and enter the lower part of the spine to the Sacral Point. This point is located an inch or two up from the tip of the coccyx. When the Sacral Point is open you feel balanced. When it is closed you feel as if you are imprisoned by your past.

Inhale and pull up on the perineum. The Energy rises up to the Kidney Point (or Ming Men). This is located on the spine opposite the navel. When the Kidney Point is open one feels gentleness. When it is closed, you feel fear of being taken advantage of.

Move the Energy down to the Sacral Point then back up to the Kidney Point. When you exhale it moves down to the Sacral Point. When you inhale it moves up to the Kidney Point. Wash the channel a few times.

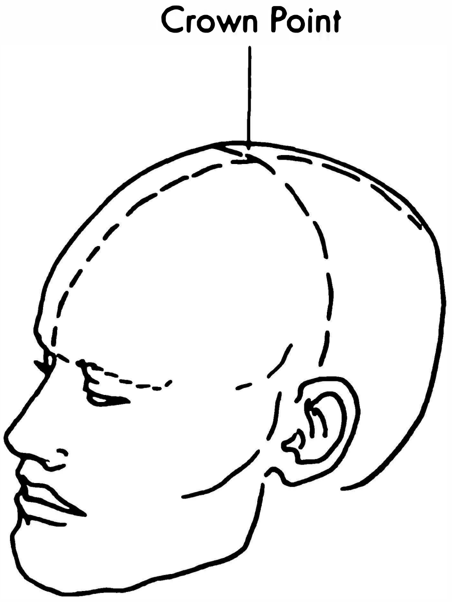
Now, inhale again, pull up on the perineum, and the Energy moves up the spine to the Adrenal Point, located opposite the solar plexus. When the Adrenal Point is open one feels a sensation of freedom. When it is closed, there is a feeling of burden and obstruction.

Again, move the Energy down to the point below, the Kidney Point. Exhale down to the Kidney Point, inhale up to the Adrenal Point. Do it a few times. Wash the channel, and feel the channel opening.

Now, inhale again, pull up on the perineum and the Energy rises up the back all the way to the base of the skull, the Jade Pillow, or the Small Brain Point. When the Jade Pillow is open, you feel inspiration. When it is closed, you feel that life is suffocating.

Wash the channel. Moving the Energy down to the Adrenal Point, then back up to the Jade Pillow. Exhale down, inhale up.

Pull in your chin a little, straighten the back of your neck. Inhale, pull up on the perineum and the Energy rises to the Crown Point (Pineal Gland Point). Locate this point by imagining a line drawn from the mid-eyebrow point over the top of your head. This line intersects a second line drawn



from the top of the right ear over the top of the head to the top of the left ear. The point of intersection is the Crown Point. When the Crown Point is open you can receive guidance from higher forces and you radiate happiness. When closed, you can have delusions, illusions, headaches, erratic mood swings and may feel you are a victim or slave.

Move the Energy down to the Jade Pillow then back up to the Crown Point. Do this a few times. Exhale down, inhale up. Wash the channel.

Inhale again, pull up on the perineum, the Energy moves down to the mid-eyebrow point. Three inches inside the skull at the mid-eyebrow point is the Pituitary Point. When the Pituitary Point is open you feel wisdom. When it is closed, there is a sense of indecision.

Move the Energy back and forth between the Pineal and Pituitary Points. These points are within the brain. Feel this center of your brain expand and light up. This entire area is known as the Crystal Palace.

Make sure your tongue is raised to the upper palate directly behind your teeth. This is known as the Palate Wind Point. Further back on the hard palate is the Fire Point. Even further back at the beginning of the soft palate is the Water Point, directly beneath the pituitary gland.

Now inhale, pull up on the perineum, draw the Energy all the way up to the Crown-Pineal Point. Then exhale down to the Pituitary Point, then down to the Palate Point also known as the Heavenly Pool.

By moving your tongue back and forth on the palate, the best position can be found for the Energy to pass through the palate to the top of the tongue. This is experienced as a current, a sensation of electricity, coolness, warmth, tingling, numbness, or something sufficiently different to warrant attention.

Now move the Energy up to the Pituitary Point and down to the Palate Point. Inhale up, exhale down. Do this a few times. Wash the channel.

Now inhale, pull up on the perineum, pull the Energy up to the Crown Point. Exhale, the Energy goes down through the Pituitary Point, the Palate Point, and down through the tongue to the Throat Point. This point is located in the lower part of the throat. It is the communication and dream center. This is traditionally a weak point that is hard to protect. When the Throat Point is open you speak more eloquently. When it is closed you feel an unwillingness to change.

Move the Energy up to the Palate Point and down to the Throat Point. Wash the channel. Do this a few times. Feel the Energy going up and down the throat and tongue.

Now inhale, pull up on the perineum, the Energy rises up the spine to the Crown Point. Exhale, it descends down the Functional Channel through the Throat

Point and down to the Heart Point. This point is between the nipples for men, or one inch up from the bottom of the sternum (breastbone) for women. It controls the thymus gland. When the Heart Point is open love, joy, happiness, honesty and respect are felt. When it is closed one feels under attack and sorry for oneself.

Move the Energy up to the Throat Point, then down to the Heart Point. Wash the channel a few times.

Exhale and the Energy moves down to the Solar Plexus Point. When the Solar Plexus Point is open you feel you can take risks. When it is closed there is a sense of panic and worry.

Now move the Energy up to the Heart Point and down to the Solar Plexus Point a few times. Wash the channel. Inhale up, exhale down.

Exhale and lower the Energy to the Navel Point. Then raise the Energy to the Solar Plexus Point and lower it to the Navel Point a few times. Wash the channel.

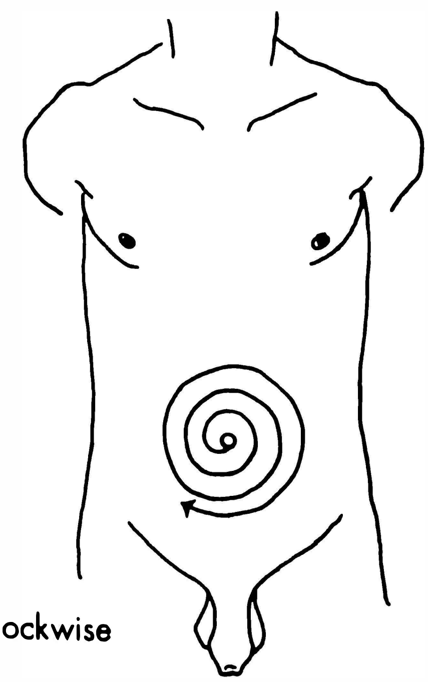
You have now completed one circulation of the Microcosmic Orbit.

Once you feel the flow of Energy, it is not necessary to wash the channel. Just move the Energy in a continuous orbit, using your mind to direct the Chi.

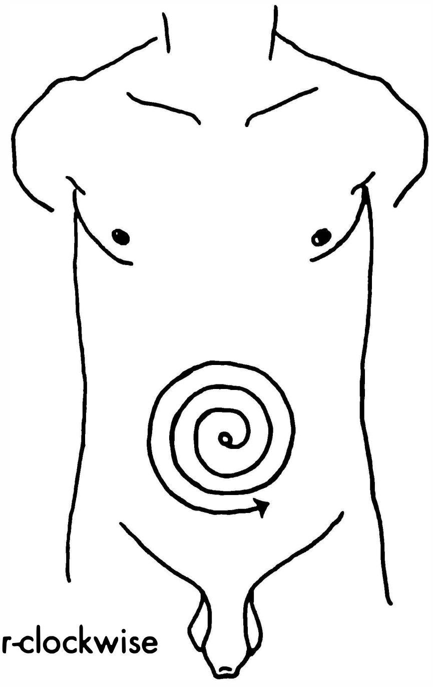
With the concentration on the Navel Point, do a few rapid Abdominal Breaths to heat up the Navel Center. Exhale, pull up slightly on the perineum and the Energy descends to the Sexual Palace. Exhale again and it goes down to the Perineum Point.

Pull up lightly on the anus and then an inch above the anus and the Energy moves from the bottom of the Functional Channel into the Governor Channel to the Sacral Point.

Now inhale and the Energy rises to the Kidney Point, to the Adrenal Point, to the Small Brain Point (Jade Pillow), and up to the Crown Point.



Clockwise



Counter-clockwise

Exhale and the Energy descends to the Pituitary Point (or mid-eyebrows) to the Palate Point, down to the Throat Point, Heart Point, Solar Plexus Point and back to the Navel Point.

Do as many circulations as you want to.

At the end of the meditation, you collect the Energy at the navel.

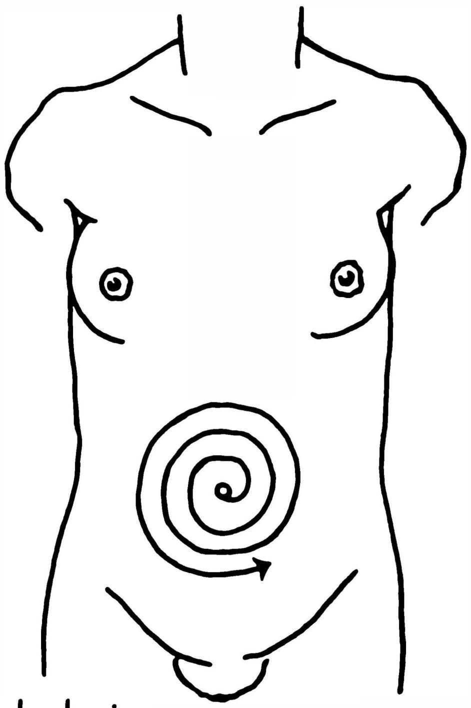
Men: Circle Energy clockwise around the navel either nine or thirty-six times. This circle is about three inches wide. Starting an inch and one-half above your navel, circle from above to the left side of the navel, to below the navel. Come up on the right side.

Now reverse the direction. Do this six or twenty-four times. The Energy moves counter-clockwise. As you come to the final circulations around the navel, pull the Energy closer and closer to the navel and then directly into the navel on the final circle.

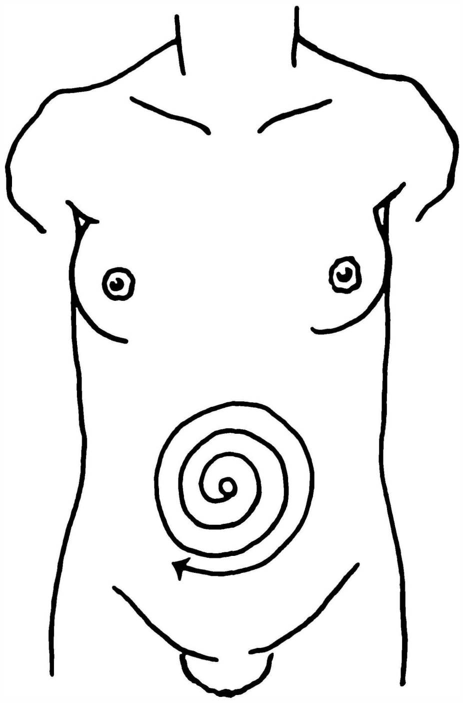
Women: Circle Energy counter-clockwise around the navel either nine or thirty-six times. This circle is about three inches wide. Starting an inch and one-half above the navel, circle from above, down the right side of the navel, to below the navel. Come up on the left side.

Now reverse the direction. Do this either six or twenty-four times. The Energy moves clockwise. As you come to the final circulations around the navel, pull the Energy closer and closer to the navel and then directly into the navel on the final circle.

Work on the Microcosmic Orbit before you start on the remaining exercises in this book.



Counter-clockwise



Clockwise

Of course, there is nothing inherently dangerous in anything you will learn here. But my advice is to learn the basics. If you were previously not familiar with them, practice them for two or three weeks before moving ahead. Build a firm foundation in the practice of Taoist Yoga. You don't start building a house on the second floor.

C

Breath

We now turn to the new material. As previously mentioned, all the practices in this book form a "Three-Pronged Approach," covering the Three Treasures of Taoism: Chi, Jing, and Shen, or breath, body, and mind. The breathing exercises will center around drawing Energy directly into the body. Sometimes this has been described as Body Breathing. The Taoists perfected this type of breathing to a fine art. Some of these exercises have never before been described in English. There is quite a bit of theory here that I will have to explain as we go along.

The three main forms of exercise you will learn are known as Hair Breathing, Bone Marrow Breathing, and Four-Square Breathing.

Hair Breathing is predicated on the Taoist belief that the internal organs store Surplus Energy in the hair. This Surplus Energy is usually lost. The body normally doesn't know how to use it. You will learn how to draw this Surplus Energy back into the body and thus have more Energy available to you.

This book will stress the interrelationship between different parts of the body. The five major internal organs: the heart, lungs, liver, kidneys, and spleen, all relate to external organs, specifically, the tongue, nose, eyes, ears, and lips, respectively. You will continue to make use of this information, and add many more correspondences to these five major organs as you work your way through the lessons. The connection between the five major organs and body hair is one of them.

These correspondences are not obvious but they were developed over millennia by ancient Tao Masters. These Masters observed, for example, that the condition of the hair of the head reflected the condition of the heart. Out of these observations developed the concept that the hair is the surplus of the heart. Different body hairs are the surplus of different major organs or body parts. You will learn all the connections and how to do the exercises in the weekly lessons. Once you start learning them, I think you will find them to be fun as well as surprisingly effective. To the best of my knowledge, these exercises have never previously been described in the West.

The second major series of breathing exercises you will learn are known as Bone Marrow Breathing (also known as Bone Breathing or Bone Marrow Washing) exercises. This is a set of exercises developed by Da Mo, known as the Bodhidharma, the founder of Shaolin Kung Fu and Zen in the sixth century, to teach to the Buddhist monks at the Shaolin Temple he founded. These exercises were later adopted by the Taoists. Basically you will learn to draw Chi directly into the bones. Eventually you learn to draw Energy into your entire skeletal system. This mostly affects the bone marrow, which produces most of the body's blood cells. One of the main results of this is increased production of blood cells. Another result is stronger, less brittle and more flexible bones.

Bone Marrow Breathing has often been described in the West as a series of Chi Kung moving exercises. However, the inner part of the exercises, the actual movement of Chi in and out of the bones, has usually been totally overlooked. Unfortunately, this is often how Chi Kung has been presented in the West. The concept of moving Chi in and out of the body is usually given just a cursory explanation, because of the difficulty describing it to a Western audience, when this is actually the most important part of the practice.

Sexual Energy—Jing Chi—also enhances Bone Marrow Breathing. You will learn the techniques about sexual massage to enhance Bone Marrow Breathing, for both men and women, in the latter part of this book.

I'm also going to teach you breathing exercises I call Four-Square Breathing. These exercises are designed to fill, or pack, your body with Energy-Chi. By the time you finish reading about and doing the practices, you will be able to fill every nook and cranny of your body with Energy. This is the basis of what Taoists call Internal Power. You learn to build strength from the inside of your body, which will ultimately also strengthen the outside of your body. In the West we ordinarily exercise from the outside to strengthen what is inside. The Taoist approach is quite different, but is extraordinarily effective. It will help to restore the internal pressure inside your body. As we age, most of us start to lose the perfect internal pressure we had inside our bodies when we were children. Four-Square Breathing will help you to restore the internal pressure and rejuvenate your body.

So get set for adventures in breathing that go far beyond what has previously been understood as breathing in the West. The Taoists learned how to breathe with their whole body. Keep reading, and you will learn how to do this too.

Body

The Second Treasure exercises are concerned with the body. Jing actually means Essence, which generally refers to the fluids in the body, including blood, hormones, and sexual fluids. Essence is available in the body for conversion into Energy (Chi), which I liken to gasoline being converted into usable Energy in a car's engine.

In the Second Treasure—Jing—exercises, you will learn the Standing Chi Kung exercises. These are the most popular form of Chi Kung in China today, although they are practically unknown in the West. Basically, Standing Chi Kung are standing positions that are held for a period of time with little or no movement.

There are also forms that can be done sitting or lying down. These are also static, non-moving exercises. Standing Chi Kung also includes moving forms which I will describe in the final week of practice. All of the standing forms are extremely simple, easy to learn, and highly beneficial.

The essence of Standing Chi Kung is to hold a posture for a number of minutes while keeping your body relaxed. This might be much harder to do than it sounds. It is in learning how to relax tight or aching muscles and tendons, as we hold the posture, that the most benefits are gained.

The standing forms work well in conjunction with the First Treasure breathing exercises you will learn. Hold the posture and do the breathing exercise. They also work well with the Third Treasure meditation and visualization exercises you will learn in this book. This practice is often referred to as Standing Meditation, and is a very popular form of Taoist Yoga.

I have decided to keep the moving forms of Chi Kung to a minimum in this book. I have always stressed keeping things as simple as possible. Standing Chi Kung is in itself a complete system of Chi Kung. If you know any forms of moving Chi Kung or Tai Chi Chuan (Taiji Quan), Standing Chi Kung will be a valuable addition to your repertoire. It is more important to do what you know correctly, and practice every day.

Sexual Kung Fu

The Second Treasure practices also include the Taoist sexual techniques. You will learn new and exciting techniques that will continue to impress upon you that the Taoist sexual secrets were perhaps the most highly evolved the world has ever seen.

I begin the lessons with a detailed set of weekly instructions on how to enhance the practice of Dual Cultivation. These are the Taoist lovemaking techniques, practiced by a man and a woman. The emphasis will be how to achieve and prolong slow and sensuous sex. As is the usual case with Taoist Sexual Kung Fu, you will not find any of these longtime secret techniques in any Western sex manual. The Taoist approach to sex that you will learn here has been undreamed of in the West. That's why you will enjoy learning it so much. You will learn how to prolong your sexual experiences with techniques such as Closing the Front Gate, Breathing with a Rasping Sound, and Screwing the Sacrum.

Our exploration of Dual Cultivation will extend out into the realm of sexual alchemy. You will learn how to guide Sexual Energy up your partner's Energy Channels and how to move this same Sexual Energy between both of your bodies. Later you will learn the longtime secret techniques for Sexual Alchemy when you learn how to Turn the Yin-Yang Water Wheels. This is a Single Cultivation exercise, done without the need of a partner, designed to help you circulate Sexual Energy into the body's main Energy Centers. Men will also learn many forms of sexual massage for strengthening and stretching the testicles, scrotum, and penis. Women will learn how to massage the breasts to fill the glands and organs with Sexual Energy.

Finally, I will show you how to connect with the "God and Goddess," the basic underlying sexual forces (Yang and Yin) in the universe. This will help you to better understand the oneness of all things.

Internal Alchemy, historically, is most concerned with the Third Treasure exercises. Although some schools of Internal Alchemy stressed the interplay of breath, the sexual secrets and the Third Treasure secrets, some schools shunned the sexual secrets altogether. There is a strain of sexual Puritanism that runs through some of the ancient writings. This is especially true of those schools that mixed Buddhist and Taoist practices together, which was quite common in ancient China. The sexual secrets were banned in China a thousand years ago, although they continued to survive behind closed doors, in private libraries, and among the oral teachings of the Tao Masters. In China today, you probably could not learn any of the sexual secrets. Modern Chinese books on Chi Kung barely mention sexuality. You are lucky to live in an age and in a country where you can freely read about and exercise these highly beneficial practices.

For all living creatures, the ancient Taoists saw sex as the most powerful force in nature. It is also among the most basic of human functions. Where would the world be without it? Being in harmony with nature forms part of the basis of Taoist beliefs. For the Taoists, mastering sexuality was only part of the natural scheme of things.

Internal Alchemy is also a forbidden topic in modern China. Although modern Chi Kung practitioners in China are quite knowledgeable about the Microcosmic Orbit, and the flow of Chi in the Acupuncture Meridians, their knowledge of Internal Alchemy, especially the more advanced levels, is rudimentary, or is a subject they are afraid to talk about. The Chinese government officially frowns upon the so-called "Immortality practices." They are not considered to be suitably productive. However, it is my experience that the beginning Internal Alchemy practices help to make us less negative and much more positive thinking people. This reduces stress, anger, anxiety, worry, depression, and all the other negative emotions. Then we have a lot more time to be much more productive to society.

Much of what you will learn about the Third Treasure practices will center around five colors: red, yellow, white, blue (or black) and green. If you can visualize these colors or learn to visualize them, you will find great success in your practice of Internal Alchemy.

Much of the practice of Taoist Yoga is based upon finding an inner connection between different parts of the body. These five colors are the prime link that we will use to make these connections. Here are the basic correspondences of the five colors with the Five Elements, the five main internal organs and their respective Healing Sounds.

Color	Element	Organ	Healing Sound
Red	Fire	Heart	H-a-w-w-w-w
Yellow	Earth	Spleen/Pancreas	W-h-o-o-o-o
White	Metal	Lungs	S-s-s-s-s-s-s-s
Blue (Black)	Water	Kidneys	Ch-u-w-a-a-a-y
Green	Wood	Liver	Sh-h-h-h-h-h

There are many more many more correspondences you will learn as you go through the weekly lessons. Here are a few more:

Color	External Organ	Finger	Part of the Eye
Red	Tongue	Middle	Corners
Yellow	Lips	Thumb	Eyelids
White	Nose	Index	Whites
Blue (Black)	Ears	Pinkie	Pupil
Green	Eyes	Ring	Iris

Color is used to link all these parts of the body. This will provide the starting point for the Third Treasure exercises you will learn here.

You probably noticed that I have included Blue (Black) above charts. In the Healing Tao system, the color blue is used as the corresponding color for the Water Element. In the traditional Taoist and Chinese material, black is almost universally used as the corresponding color for Water. I had learned the system using blue. While writing this book, I began experimenting with black and found it to be highly effective. I just visualize a shiny black car and the color is right there. I leave it up to you to use either blue or black.

You will use these colors to not only bathe your five major internal organs, but to connect different parts of your body, and to build a multicolored Rainbow Aura around yourself as well. You will learn to surround yourself with each of the five colors, in effect, building a Rainbow Aura around yourself. This helps to seal your own Energy from leakage and protect you from external influences.

A major part of the Third Treasure teachings you will learn are the exercises known as Fusion of the Five Elements. This is really where the actual practice of Internal Alchemy begins.

The first level of Fusion of the Five Elements is concerned with harmonizing the Energy of the Five Elements, which are drawn from each of the five major internal organs. Each organ has an Energy Collection Point. From each of these Collection Points, the Five Elements are drawn to the center of the body into an Energy collection web called the Pa Kua. If none of this makes much sense, don't worry. As the lessons unfold, I will take you through them step by step, so there will be no doubt about what you are supposed to do. Balancing, mixing, and harmonizing the Five Elements in the Pa Kua has the effect of calming the emotions by neutralizing negative emotions. You will also learn to form a Pearl in the Pa Kua, which is a condensation of your Life-Force Energy.

These exercises will not be as difficult as they may sound, because the ability to visualize the five colors: red, yellow, white, blue (black), and green, is really the key to making them work.

As you can see, I plan to take you to places you might never have even dreamed were possible. This is part of what makes Taoist Yoga such a unique and exciting adventure. These are not practices that I sat down and dreamed up. You will learn authentic Taoist practices that have been developed over the past six thousand years.

part two

The Practice

C

Breath

The Taoists believed that Surplus Energy from the inner organs, muscles, tendons, blood and Chi could be stored in external parts of the body. These inner and outer connections were mapped out by the ancient Taoists and have been handed down to Taoist practitioners through the centuries. Many of these beliefs and practices are just beginning to make themselves known in the West.

Hair Breathing: Part 1

The practice of Hair Breathing, or drawing Surplus Energy back into the body, has never previously been described in writing in the West. I first learned about it in 1983, as part of an eleven exercise set of moving Chi Kung known as Five Finger Kung Fu. About three years ago I found a small book published in Hong Kong which outlined these exercises and listed all the body correspondences, but did not provide any information on how to draw the Surplus Energy back into the body, which is the key to the whole practice. This was often a problem with books describing Taoist practices and Chi Kung. Small details, like how to make them work, were often left out. Unless you had access to a Tao Master who knew the forms and the inner details, you could waste lots of time learning the external movements of the exercises without any clear understanding of what was really supposed to be happening internally.

You will learn the process of Hair Breathing and not the moving forms of Five Finger Kung Fu, which are a little complicated. But you will learn how to make the process work and draw in the Surplus Energy.

The basic premise here is that the hair is the external storehouse of Surplus Energy generated inside the body. Normally this Surplus Energy is lost because One, you didn't know it was there in the first place and Two, you didn't know how to use it.

If an inner communication can be established, the Surplus Energy can be pulled back into the body and transformed into useable Energy (Chi). If you can feel the hair, you can sense the Energy there. It radiates out. By collecting Surplus Energy back into the body, you will have more Energy to use. Throughout this book I will use the word Energy to refer to Chi (Qi). I refer to Chi Kung as Energy Exercises. So as to make this book more accessible to the Western reader I will emphasize Energy rather than Chi, although please remember, they mean the same thing.

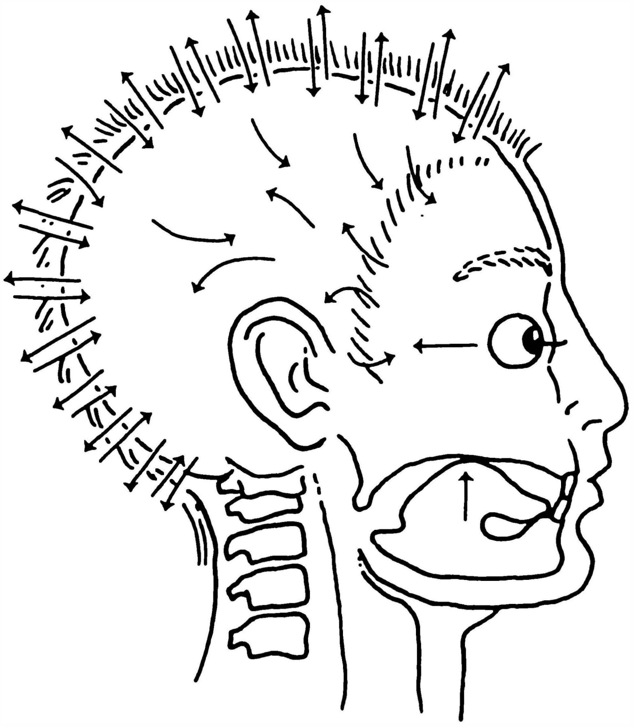
In the next few weeks, you will learn to work with various bodily hair. In this first week, we begin with the hair on your head. This hair is the surplus product of the blood. It belongs to (corresponds with) the Heart. As you have learned and will continue to learn, there is a vast network of correspondences both inside of and outside of the body. For instance, once you know that the hair is linked to the heart, you can also link it to the following:

Type of Hair	Yin Internal Organ	Element	Surplus of Energy	Color	External Organ	Finger	Part of Eye	Healing Sound
Head	Heart	Fire	Blood	Red	Tongue	Middle	Corners	H-a-w-w-w-w

We will make much more use of the information in this chart in this week's Third Treasure Shen exercise.

When drawing Surplus Energy back into the body, it is drawn into the mouth. It is then mixed with the saliva and swallowed. In Step Two, The Middle Line of the Inner Smile lesson in "Learning the Basics," (see page 20) you learned how to gather saliva in the mouth by placing the tongue between the front of the teeth and the back of the lips and circling the tongue nine times. The tongue is then placed behind the teeth and circled in the opposite direction six times. You already know that the tongue is the external opening of the heart and the mouth is the external opening of the spleen. But here is another correspondence which will help you to understand how this exercise works. All of the external openings of the five major internal organs are joined together in the mouth and tongue. What this means is that when we pull in the Surplus Energy of the hair and mix it into the saliva and swallow it, we are strengthening all of the internal organs. So let's begin.

1. Sit up in a chair with your hands clasped in your lap, right palm over left, or assume any of the Standing positions I will teach you in the Second Treasure-Jing sections of this book.
2. Close your eyes and relax your whole body as you gently do Reverse Breathing (pulling in the lower abdomen on inhalation and expanding it as you exhale, keeping the chest relaxed). Relax your mind as well, as you continue doing this for at least a minute. You can do Abdominal Breathing if this is easier or you find it works better for you.
3. Put your awareness on the hair of your head. (If you are bald, put your awareness on the hair that you do have or on the pores of the scalp.) Try to sense or feel your hair.
4. As you inhale, imagine that you are drawing Energy right through your hair and into your head. It should feel as if each hair is an antenna, drawing Energy into each strand. Let your awareness move over your entire scalp, from the top of your head to the back of your neck.
5. Gently pull in on your eyes, and pull up gently on your anus as you inhale and try and feel a connection with your mouth and tongue.
6. Exhale, relaxing the eyes and the anus and feel as if Energy is radiating out of your hair.
7. Continue inhaling and exhaling and it will feel as if your hair is breathing, that Energy is moving in and out of the strands of hair.
8. Mentally draw this Energy into your mouth. Suck in your cheeks in order to help you do this.



9. Gather saliva in your mouth by placing your tongue between the back of your lips and the front of your teeth and circling nine times in either direction.
10. Place your tongue behind your teeth and circle six times in the opposite direction. As you gather the saliva, mentally mix in the Energy drawn from the hair.
11. Stop circling and place the tip of your tongue in back of your lower teeth and press the middle part of your tongue against the roof of your mouth.
12. Pull in your chin and straighten the back of your neck and swallow hard, with a gulping sound, and feel the Energy squeeze down into your stomach. Feel your Lower Tan Tien warm up.
13. Tap around your chest with an open palm or loose fist, then walk around for fifteen seconds or more.

When you do this exercise you might feel a salty or metallic taste coming into your mouth. This is the taste of the Surplus Energy.

There are a number of Taoist techniques at work here that I'd like to discuss. We already reviewed above the method for generating and Swallowing Saliva. Pulling in the Eyes and pulling up on the anus is another staple of the Taoist practices. Pulling in the eyes massages and tones the eye muscles while helping to draw in the Energy. Pulling up on the anus is part of the technique I call Perineum Power.

The entire weight of the torso of the body rests on the perineum area, between the genitals and the anus. Strengthening this area is one of the early goals of Taoist training. Once it is strengthened, the various parts of the perineum area, including the genitals, perineum and anus are used to direct Energy to various points in our body and to increase the body's sense of connectedness. In this case, we pull up on the anus and direct the Energy toward the mouth and tongue, as we simultaneously gently pull in on the muscles surrounding the eyes.

We swallow the Surplus Energy down to the Lower Tan Tien. This is the body's medicine field. Throughout this book, we will often be working in the Lower Tan Tien areas. Its exact location differs in all of us, and modern Chinese and ancient Taoist texts often give different locations. We will use either the navel point itself or a point approximately an inch and one-half below the navel, and one-half to two-thirds of the way inside the body. This should all be familiar territory to you.

Standing Chi Kung

Jing Body

Standing Chi Kung, or Zhan Zuang (literally Standing Pole or Standing Post), is the most popular form of Chi Kung in China. Basically all that's involved is standing in one spot and relaxing the body. There are literally dozens of variations of the basic form.

Historically, Chi Kung (Qi Gong) is a recently derived name, first appearing in 1910 in a book on Shaolin Boxing. Traditionally these exercises were referred to as Yang Sheng Shu—"The art of nourishing life." They had their origin more than three thousand years ago. In China, five major schools developed: the Taoist, Buddhist, Confucian, Medical and Martial Arts, each with its own theory, practice and forms. As the centuries passed, the distinctions blurred and the forms and practices merged so that any distinction between them now, is really meaningless.

There is no historically accurate information available tracing the history of Standing Chi Kung. It appears most likely that it was derived from the Shao Lin martial arts practice involving holding a single posture for long periods of time. To these were added the Taoist practices of "Stilling the Mind," breathing techniques and other forms of meditation, which you will continue to learn in this book. Standing Chi Kung is what is known as a quiescent form in China. This means there is no active movement. It is also known as relaxed form because the idea is to relax the mind and body while standing. It doesn't mean relaxing to the point of falling asleep. The mind should be calm, but alert.

Stilling the Mind

Most of the Chinese literature stresses clearing the mind of all thoughts while doing Standing Chi Kung. Here is a simple method for doing this.

1. Stare at any point directly in front of you, at eye level, for a minute or so. A distance of six to eight feet is recommended, but any distance will do.
2. Draw in your concentration to the tip of your nose. Let your eyelids lower, but not completely close. Try to look at the tip of your nose with your left and right eyes. (The actual tip cannot be seen. Keep your awareness here for a minute or so. Be aware of any muscular imbalance in the left and right sides. Tell any tight muscles to be "calm and relaxed."
3. Draw your awareness up your nose to the Mid-eyebrow Point (between and just slightly above the inner corners of the eyebrows).

4. Visualize or imagine the Sun, smiling into your Mid-eyebrow Point.
5. The smile spreads into both eyes and then into your brain. Your whole head begins to smile and glow. Keep the smile here for a minute or so.
6. Direct the smiling Energy down into your heart. Smile into your heart. Feel your heart soften as it bathes in the golden smiling Energy of the Sun. Stay here for a minute or two. (If you have difficulty moving the Energy down, just imagine that you are pulling it down with imaginary hands. Keep doing this whenever necessary. It should make your sense of the Energy feel much stronger.)
7. Lower your awareness to the Lower Tan Tien. It is in the area behind your navel, actually closer to your spine than the front of your body. Smile into your Lower Tan Tien. Keep your awareness here. (If you are visual, imagine your Lower Tan Tien is transformed into a three legged cauldron. The golden sunshine collects inside the cauldron.)
8. Listen to yourself breathing as you maintain your awareness in the Lower Tan Tien. Breathe as silently as you can. It is best when you cannot hear it at all.
9. Stop thinking. Stop all words. Listen to the silence for as long as you wish.

When your awareness is on your Lower Tan Tien and you are listening inside to your breathing, your mind gradually empties and quiets down.

You can also practice Standing Chi Kung with all the more mentally active Third Treasure exercises, such as the full Inner Smile and Microcosmic Orbit, and with all the other Third Treasure-Shen exercises you will be learning in this book.

You can also do the breathing exercises with these forms as you stand holding a posture. As you can see, the Standing forms are useful for a whole variety of Taoist practices.

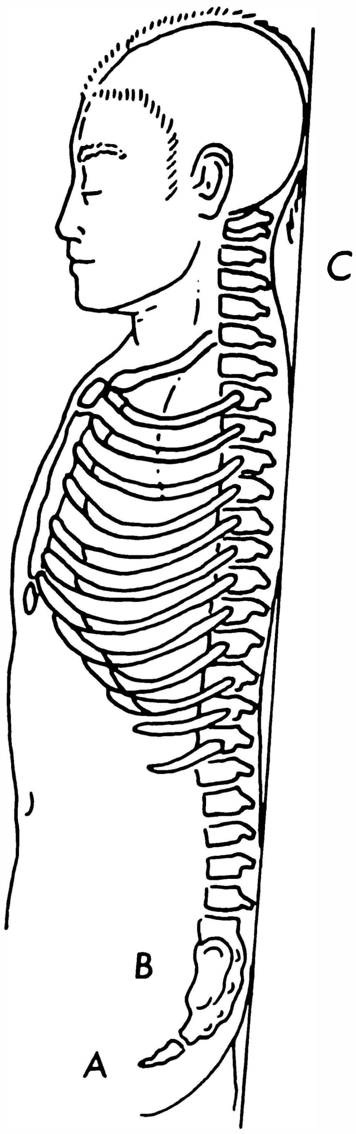
This week, try to relax and Still Your Mind, as above as you hold the posture. This is known as quiescent meditation, which is one form of Taoist meditation. Be aware though that most of the other meditations you will learn in this book, are active meditations involving visualizations and movements of Energy within the body. Both forms of meditation, quiescent and active, are important.

If you only do active meditations, you will never learn how to quiet and still your mind. Stilling the Mind has a real therapeutic value. Being able to turn off worry, mental overwork, stressful thoughts and emotional overload has a beneficial effect not only on your nervous system, but your entire body as well.

Another facet of Standing Chi Kung, is learning the basics of the Three Pumps: the perineum, the sacral pump and the cranial pump. These are points that help to send Energy up the spine to clear blockages. Proper alignment of the shoulders is important too. Here is a simple exercise to activate the Three Pumps and align the shoulders.

Activating the Three Pumps and Aligning the Shoulders

1. Stand against a flat wall or door.
2. Pull up on the perineum (A—First Pump) while tilting in the bottom of the sacrum (B—Second Pump) so that your lower back is flush against the wall.
3. Round and drop your shoulders as you activate the Cranial Pump (C—Third Pump) by pushing your neck and the back of your head against the wall. You can imagine that there is a finger pressing directly under your nose, pushing your chin in and the back of your neck rises up.



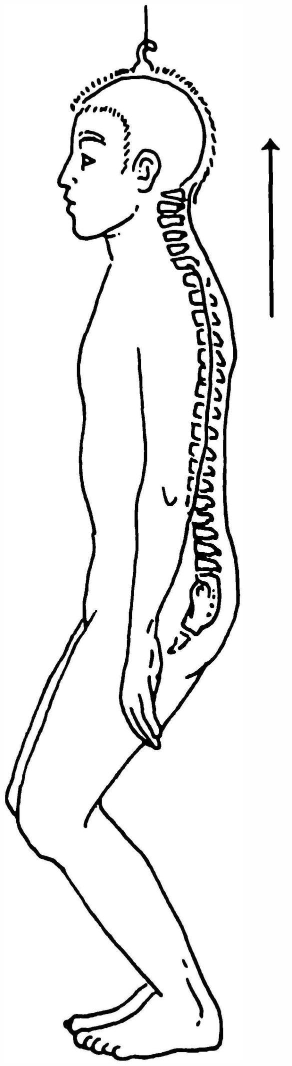
There are quite a number of details you will have to learn to achieve a relaxed standing position. You can practice against a wall, but ultimately you should be able to stand in position, fully supporting your own weight as you maintain a relaxed but alert state.

The first thing you have to learn though is the posture. The first posture you will learn is Natural Standing, also called the Drooping Posture or the Relaxed and Quiescent Form. It's really just standing with your arms at your sides.

Standing with Your Arms at Your Sides

1. Stand with your feet shoulder width apart, toes are pointing forward and your weight is centered just behind the balls of your feet (Bubbling Spring).
2. Bend your knees a little. The front of your kneecap should not stick out further than the tips of your toes. Tighten the muscles on the back of your thighs. This may initially be hard to do. These muscles are often flaccid as you stand.
3. Activate the Sacral Pump by pulling in your lower sacrum. As you do this, your lower abdomen feels slightly pulled in. -

4. Relax and drop your seat as if you were just starting to sit down. This allows your hips to relax. Don't stick out your bottom; it should be aligned with the back of your heel.
5. Turn both knees outward toward the sides of your body, and then turn them back inward. This serves to round off the Qua (crotch) and also helps to root you into the ground.
6. Lift the tip of your tongue to the roof of your mouth, just behind your upper teeth. Be sure to keep your tongue relaxed. If you press too hard, you can develop stiffness or tension in your tongue.
7. Your lips and teeth should be almost touching or lightly touching, but in no case should they be tightly pressed together. You should feel no tension in your lips and gums.
8. Your eyelids should be allowed to droop down, half closed so that only a slight beam of light comes through as you look straight ahead. Don't close your eyes completely as this has a tendency to cause tension in your eyes and eyelids.
9. Pull up slightly on your perineum and/or anus. Don't use any force here.
10. The lower part of your chest is tucked in. This is accomplished by relaxing the chest and tucking in the solar plexus region. Your chest should never stick out. This also helps to stimulate the thymus gland and relax your diaphragm.
11. Straighten your spine. Feel it stretch as you hold it erect.
12. Relax your waist and surrounding muscles. This is important and may take some time before you get it. It happens in conjunction with many of the other details I am giving you here. If your hips aren't relaxed, it's hard to relax the muscles around the waist.
13. Relax and drop your shoulders. Your scapula (shoulder blades) seem to expand out to your sides.
14. Turn the tips of your elbows outward so as to "hollow" your armpits. It is as



if you were holding an egg under each armpit. The back of your hands face forward and your palms face backward, or slightly slanted toward your body.

15. Relax your elbows and arms. Feel as if there is a slight weight hanging from your elbow.
16. Relax your wrists, hands and fingers, but keep each thumb in contact with the side of your hand and index finger.
17. Activate your Cranial Pump by pulling in your chin and straightening the back of your neck. This causes your neck to lengthen and head to rise up.
18. Feel, or imagine that the Crown Point at the top of your skull is held suspended, as if hanging from a string.
19. Do Abdominal or Reverse Breathing as you hold the position. Try to make the inhalation and exhalation of even duration.
20. Hold the posture for at least three to five minutes at each session. It can be held for up to twenty minutes or more.

What you learned here will be applicable to all of the Standing Forms you will learn in this book. I expect that you will come back to this section many times to check on your posture.

Sexual Kung Fu

Dual Cultivation: Sealing the First Gate

When practicing dual cultivation you must learn to share and balance Sexual Energy between yourself and your partner. Be aware of the importance of foreplay and setting the scene and atmosphere. You can use the Big Draw and Orgasmic Upward Draw to raise aroused Sexual Energy-Jing Chi, up the spine to your head. You can join your Microcosmic Orbit with your partner's. The idea is to have fun and be creative with the Sexual Energy.

In the West these types of exercises are basically unknown. One reason was that until recently, the teachings were not available in the West. Another reason was a sexually repressive climate; these were subjects that simply weren't discussed. The Sexual Revolution of the late 1960s and 1970s changed many people's attitude toward sexuality. Sex became a topic that could be more openly discussed. The Taoist sexual secrets became more openly available in the early 1980s. We are lucky to live in an age where we are free to discuss this vital subject.

The Taoist approach to human sexuality stresses balance, harmony, sharing, sustained pleasure and healing. It is a logical approach that offers answers to many of the sexual problems that plague our society. Many of the Taoist teachings on sex cover subjects that most Westerners have never even dreamed about, much less practiced. This is part of their mystique and allure. However, the Taoist teachings on human sexuality are a lot saner than most of what passes for sexual knowledge in the West.

In this first week you will learn a very simple exercise that could well turn out to be among the most important sexual secrets you will ever learn. With a little practice, it could radically change your sex life for the better.

The Taoists stressed lengthy sexual intercourse as a key to the practice. Many of the secrets of Sexual Kung Fu focus on gaining control of your sexual functions. You either control your sexuality or are controlled by it. When you increase the length of time of intercourse, you increase the opportunity for balancing and sharing Energy with your partner, for raising Sexual Energy to your head with the Big Draw or Orgasmic Upward Draw and for using Sexual Energy for healing purposes. Over the next few weeks I will be teaching you techniques that will help you to increase your sensitivity and control so that you can better enjoy lengthy sexual intercourse.

This week's exercise is incredibly simple.

Men:

1. Tighten the muscles at the very tip of the penis and lightly seal the opening.
2. Hold for a few seconds.
3. Relax.

Women:

1. Tighten the muscles at the very tip of the lips of the vagina and lightly seal the opening.
2. Be aware of or sense the tip of the clitoris and gently pull up on the clitoris.
3. Hold for a few seconds.
4. Relax.

This exercise can be done standing, sitting or lying down. It should be done at least a few times each time you practice but you can do it as many times as you like. This week we do not combine it with any specific breathing technique.

Do not close off the urogenital diaphragm (the Second Front Gate) for this exercise as you did in the exercise Closing the Two Front Gates which I gave you in the Basics chapter. Instead try to relax it.

The tip of the penis and lips of the vagina are called the First Front Gate. It is extremely important to focus on the muscles on both sides of the tip of the penis or both outer lips (where the lips meet) of the vagina. When you lightly squeeze the muscles there, it is crucial that the squeeze be gentle and even on both sides of the penis or vagina. To clarify what I mean here, I can site my own experience. When I first learned this exercise, it seemed real easy to squeeze the muscles at the tip of my penis tight shut. However, I soon realized that I was only squeezing the muscle on the left side of the tip. On the right side I was squeezing a muscle half way down the side of the penis, and not on the tip at all. I had so little sensitivity to muscular control there, that when I thought I was squeezing the tip on both sides, in fact, I was not. This helped to make me more aware of a muscular imbalance between the left and right sides of my penis, which in turn affected the muscular balance of the left and right sides of my entire body. I also realized that I was squeezing much too hard. A light, even contraction is all that is necessary.

In addition to closing the lips of the vagina, women must also sense and gently pull up on the tip of the clitoris. The reason for this will become clearer in later weeks. For now it is sufficient to understand that the tip of the clitoris in the female corresponds to the tip of the penis in the male. While both the lips of the vagina and the tip of the penis are both considered to be the First Gate, it is the tip of the clitoris that serves the same basic sexual function as the tip of the penis. Therefore, from hereon when I refer to the Front Gate or First Front Gate of a woman, I am referring to both the lips of the vagina and the tip of the clitoris.

So, it is of great importance in doing this practice to check that the muscles you are contracting, if you are a man, are at the tip of the penis and not halfway up or at the base of the penis, and if you are a woman, at the tip of the outer lips (where the lips meet) of the vagina and the tip of the clitoris.

Men should begin practicing when unaroused. You can do it virtually any time and anywhere. Once you can feel the muscles on both sides of the tip contracting, you can also practice when erect (you'll have to be more discreet about this). You should find that it is more difficult to do when erect, but with a little practice you should get it.

Women should similarly begin doing the practice when non-aroused. You can also do this virtually any time or any where. Once you get the hang of it, you can also do it when aroused.

You might experience some soreness as unused muscles are brought back under conscious control. If this happens, don't worry or get frightened. It is a sign that you are getting stronger and opening blockages to the free flow of Energy. Keep practicing and it will pass.

Try Sealing the First Gate while having intercourse. Stop thrusting or moving and close off the tip of the penis or lips of the vagina a few times. You will find doing this is very sensual and tends to slow and calm you down a little. Getting lost in the sexual experience is the most direct route to shortening the experience. The man thrusts too rapidly and the woman strives to bring her partner to orgasm. This is not the recipe for prolonged sex. Taking conscious control of the experience and doing things like Sealing the First Gate helps you change the way you make love and helps you to experience slow, sensuous sex.

The Fire Element

hen
Mind

The Fire Element is one of the so-called Five Elements or Five Forces of nature. In Chinese they are called the Wu Hsing. A more exact translation might be Five Activities. These are the five interacting processes of nature. The Taoists believed that all the activities of nature are composed of an interaction of these Five Forces or Elements that were symbolized as Fire, Earth, Metal, Water, and Wood.

Each of us have these Five Elements within us. Thus each person is seen as being an embodiment of nature in miniature; a microcosm of nature. In our bodies the five major internal organs are the storehouses for the Five Elements. These organs are the heart, spleen, lungs, kidneys and liver. Exercises such as the Six Healing Sounds and the front line of the Inner Smile help to get yourself in touch with the five major organs and begin the process of balancing the Five Elements.

Assuming a healthy birth, the Five Elements are in perfect balance within us when we are born. As we age, we lose this perfect balance. Depending on the degree of imbalance, this can eventually result in a whole host of ailments that afflict us as we age. The Taoists also believed that our emotional state is controlled by the balance of the Five Elements, which in turn is controlled by the condition of our five major internal organs.

In this book, you will learn how to get in touch with each of these Five Elements. Eventually you will learn how to harmonize and neutralize any negative effects of the Elements. Each of the Five Elements symbolizes one of the five Universal Energy Forces also known as the Grand Force of the Elements. These are the basic building blocks from which the universe was created and is kept in balance. In this first week, we begin by working with the Fire Element. The Fire Element represents the prospering, strengthening or expanding force in nature. The heart is the body's main storehouse for the Fire Element. In this week's Third Treasure exercise, you will learn to connect many of the correspondences for the Fire Element with the heart.

There is also a new concept that I must teach you in order for you to understand the following exercise. Each of the five major organs has a Collection Point for its Element. A Collection Point is a sphere, three inches in diameter, that is mentally formed at one of five specific spots inside the body and the Element Energy (Chi) of the organ and any residual Element Energy in the body is directed toward and drawn into the Collection Point.

The Heart/Fire Collection Point is located in the center of the chest, in the area of the Thymus gland. It is located approximately in the middle of the breastbone (sternum). The bottom of the three-inch sphere should be approximately one inch above the bottom of the breastbone. The Thymus Gland also corresponds with the Fire Element. It expands and seems to blossom when Energy is drawn into the Heart/Fire Collection Point which surrounds it.

This exercise makes great use of the color red that corresponds with the Fire Element. Near the end of the exercise, you will form a red aura around yourself, like a second skin. This is the beginning of the process of forming the Rainbow Aura.

1. Sit up straight in a chair, without using the back of the chair to support you. Your hands are clasped in your lap, and your feet are flat on the floor.

   Alternatively, you can assume the Standing position taught this week or any other Standing position you will learn in this book or already know.

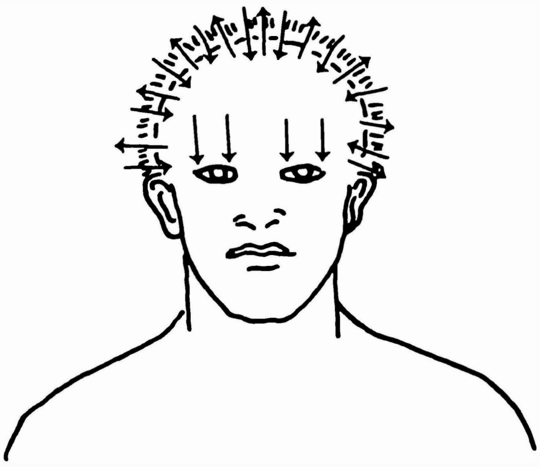
2. Raise the tip of your tongue to the roof of your mouth, behind your upper teeth.

3. Put your concentration on any point directly in front of you at eye level for at least 30 seconds. Then lower your eyelids so they are half closed and put your concentration on the tip of your nose for at least 30 seconds. Raise your point of concentration to the "bump" halfway up your nose for at least 10 seconds. Next raise your point of concentration to your Mid-Eye Point, between and slightly above the inner corners of your eyes, for at least 30 seconds. (You can adjust the time

at each point as it suits you.) You should feel yourself growing calm and relaxed as you do it.

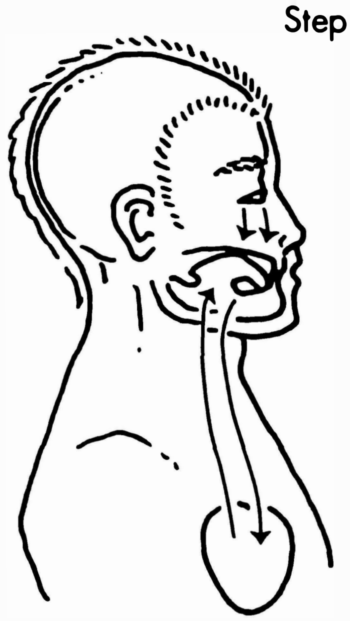
4. Put your concentration on the hair on your head and do Hair Breathing as learned in this week's First Treasure exercise. Do this for about minute.

Steps 4 and 5

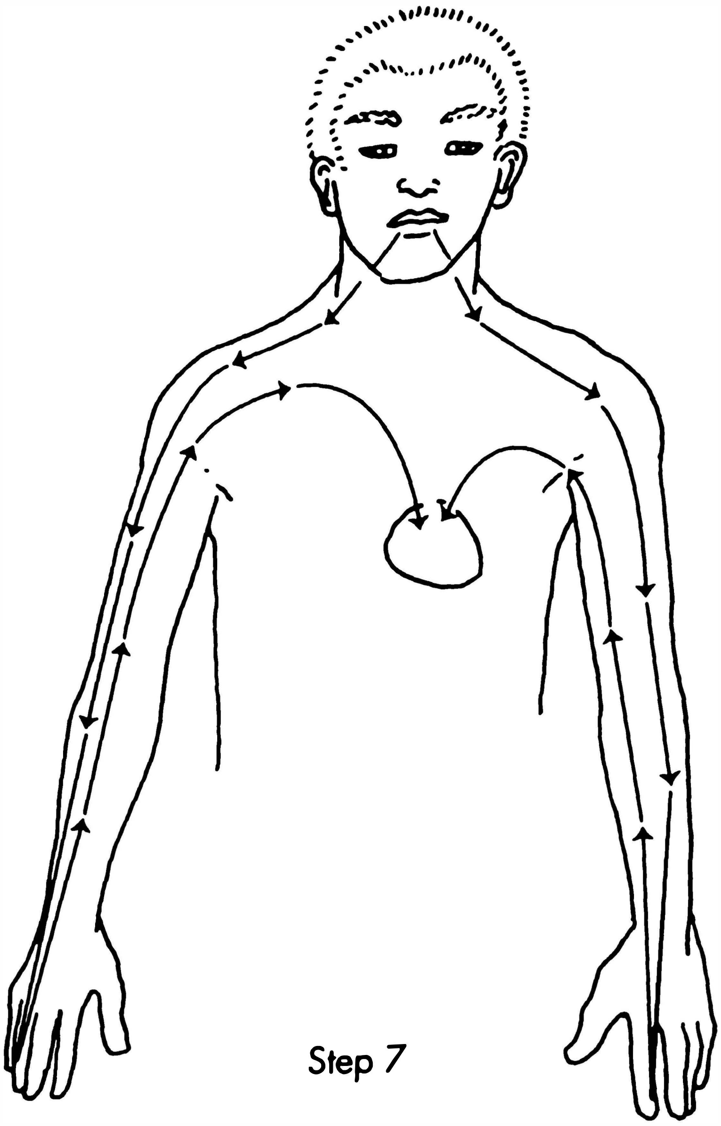


5. Feel the Energy from your hair flow down to the inner and outer corners of both your left and right eyes. Smile into the inner and outer corners of both eyes. Feel the corners of your lips and cheekbones rise up as you smile into the corners of your eyes.
6. Feel the smiling Energy from your eyes flow down through the roof of your mouth, into your tongue. Smile into your tongue. Feel your tongue and the roof of your mouth relax. Next, feel or imagine Energy traveling down your tongue and through your throat, then move to the left side of your chest and enter your heart. Feel or imagine a connection between your tongue and your heart. Visualize many cables connecting your heart and your tongue. Smile into your heart.

Step 6



7. Return your concentration to your tongue. Then move your concentration (your Yi Mind) down your neck, out toward your shoulders and down your arms. Put your concentration on the middle finger of your left and right hand. Feel Energy enter into your middle fingers as you inhale. It travels up your arms and into your chest. As you exhale, feel it connect with your heart.
8. Put your concentration on your heart and do the Heart Healing Sound at least three times: H-a-w-w-w-w-w.
9. Imagine that you are standing under a red light or red mist. As you inhale, this red light or mist, enters your body, not only through your nose, but through all the locations mentioned above as well: the hair on your head, the inner and outer corners of your eyes, your tongue and the middle fingers of your hands. It just comes right through the flesh. The red light fills your heart and overflows into your small intestines.

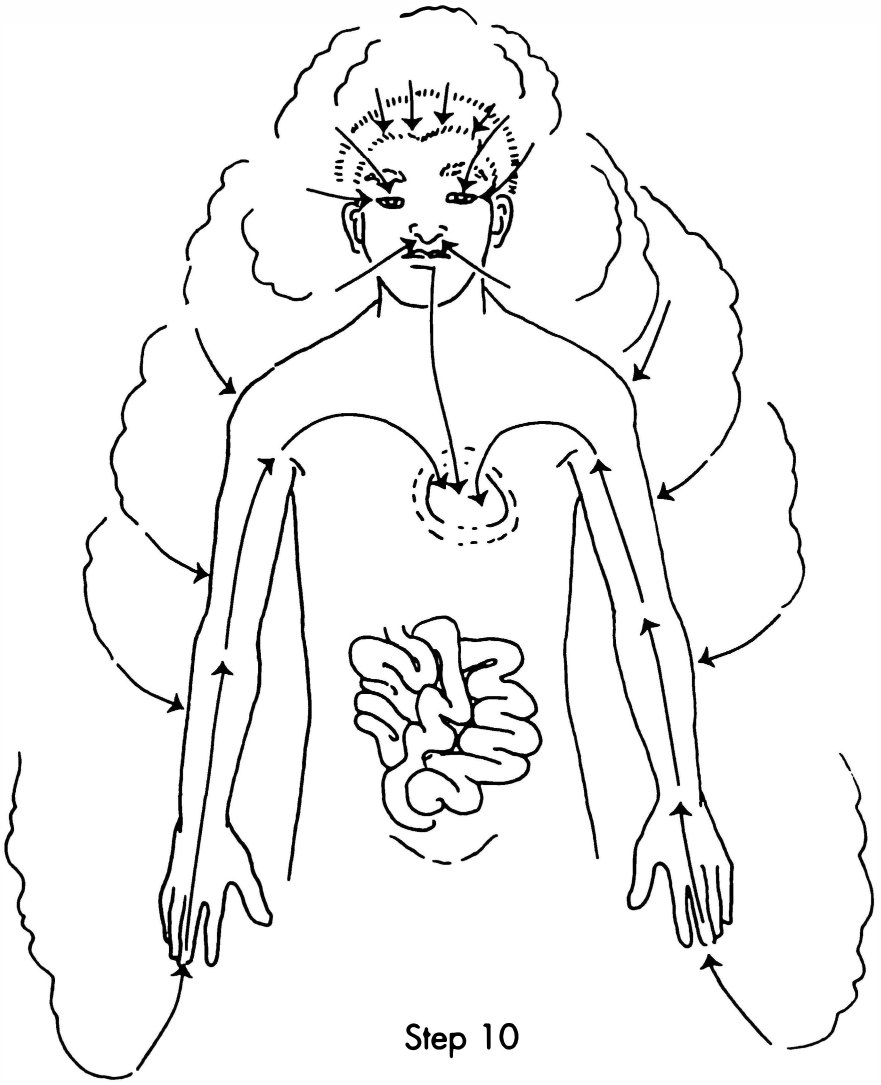


Step 7

As you exhale, visualize or imagine that you are expelling a cloudy orange or gray colored Energy. This is negative Energy associated with the negative emotions of arrogance, impatience, cruelty, bigotry and hatred. Imagine you are expelling these negative emotions as you exhale. The red color you inhale should be a clear or bright red. The cloudy orange or gray Energy that you exhale is negativity that prevents the red light from shining brightly. As you continue with the practice, it will grow weaker and the red light will shine brighter.

10. Draw all the red light from your heart and any overflow in your body, to the Heart/Fire Collection Point, a three-inch sphere in the center of your chest, approximately in the middle of your sternum (breastbone). See this three-inch sphere begin glowing red as you inhale and exhale. Feel and visualize your thymus gland seem to expand and blossom like a flower as it is encompassed by the Heart/Fire Collection Point. Do this for at least a minute or two.

11. Exhale and see or imagine red light pouring out of your Heart/Fire Collection Point and rise up through your tongue and exit out your



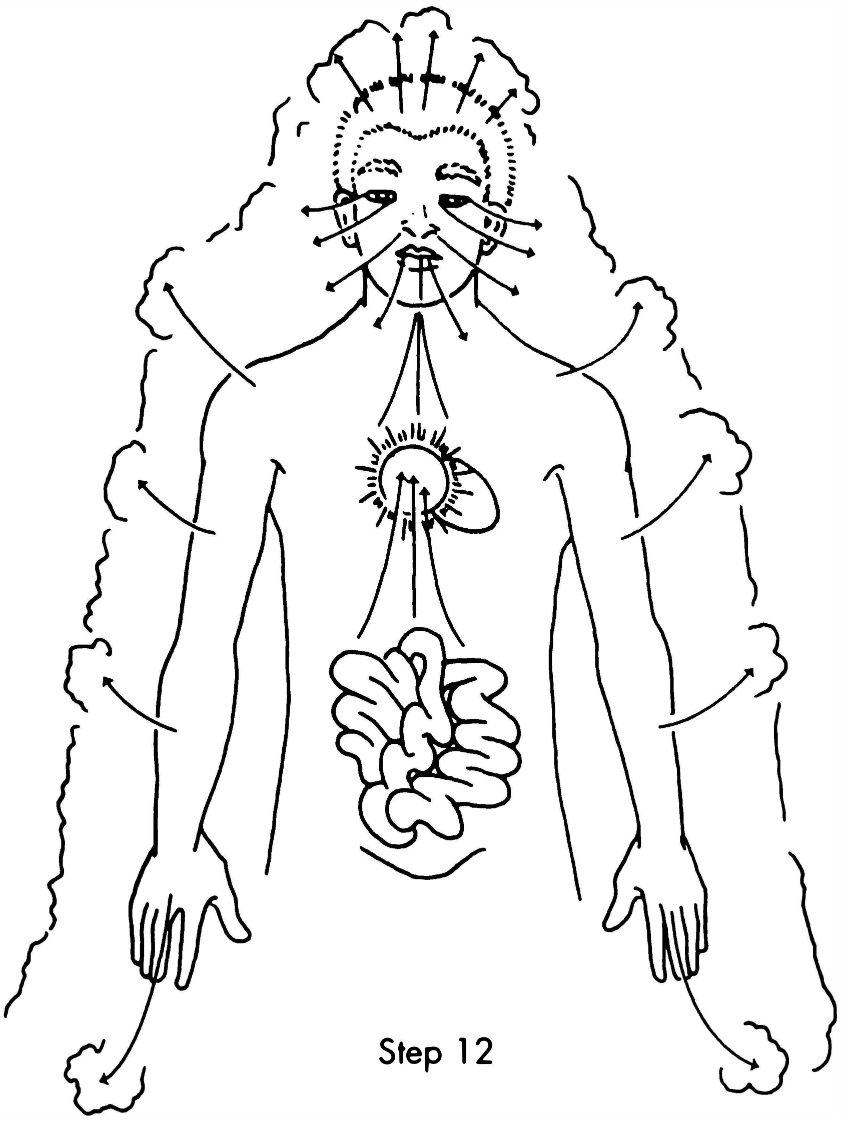
Step 10

mouth. This red color spreads out in all directions as it exits your mouth and forms an aura around your body like a second layer of skin. Inhale and guide the red aura around you.

Simultaneously, see or imagine a red light or mist, pouring out of your middle fingers, the inner and outer corners of your eyes, and the hair on your head and joining with the red light/mist coming out of your tongue, to form a red aura around your entire body. Guide the red light over your arms, legs, back, over your head, between your fingers, etc., until it covers your entire body. If you are wearing clothes, the red light passes right through them.

12. Collect Energy at your navel (see figures on pages 28 and 29):

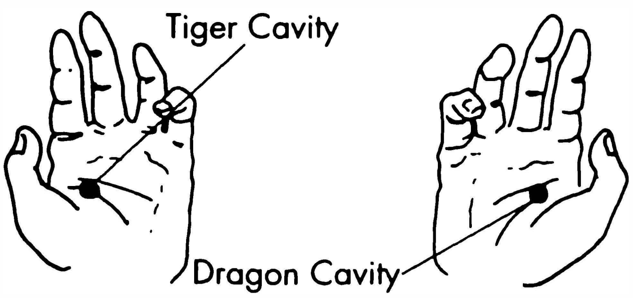
    Men: Put your left hand over your navel, cover it with your right hand. Align the Dragon and Tiger Cavities in the center of the palms. Circle the navel, in three inch circles, with the two palms over each other, 36 (or 9) times clockwise (from above down on the left side



Step 12

and come up on the right side. and then reverse 24 (or 6) times counterclockwise. Use your Yi Mind to gather Energy from your body, as well as to guide the Energy around the navel. On the final circulation mentally draw the Energy into the Lower Tan Tien.

Women: Put your right hand over your navel and cover it with your left hand. Align the Dragon and Tiger Cavities in the center of the palms. Circle the navel, in three inch circles, with the two palms over each other, 36 (or 9) times counterclockwise (from above down on the right side and come up on the left side. and then reverse 24 (or 6) times clockwise. Use your Yi Mind to gather Energy from your body, as well as to guide the Energy around the navel. On the final circulation mentally draw the Energy into the Lower Tan Tien.



13. Rub your palms together until hot and massage your face. Rub them again and cover the eyes and absorb the Chi into your eyes.

    If at any time you feel your heart racing or you feel too much heat, do the Heart Healing Sound: H-a-w-w-w-w-w. This should cause your heart to calm down and dissipate any excessive heat. You can do the other Healing Sounds as well—Spleen Sound: W-h-o-o-o-o-o, Lung Sound: S-s-s-s-s-s-s, Kidney Sound: Ch-u-w-a-a-a-y, Liver Sound: Sh-h-h-h-h-h-h, and Triple Warmer Sound: H-e-e-e-e-e-e.

In step 9, I mention that the red light/mist can fill the heart and overflow into the small intestines. Naturally, there is a reason for this. The five major organs: heart, spleen, lungs, kidneys, and liver are known as internal Yin Organs. They each have a complementary internal Yang Organ. The Yang Organs are all hollow organs. They are the small intestines, stomach, large intestines, bladder and gall bladder. The small intestines are the Yang Organs of the Fire Element.

Hair Breathing: Part 2

THERE IS A CHILDLIKE quality and simplicity to so many of the Taoist practices. If you were a child and I told you to breathe through your hair, you would have no trouble doing this. You would almost instantly feel a tingling on your scalp and your awareness would move randomly over your head, wherever you had hair. Soon you would feel the hair itself, sort of indescribable, fuzzy, like a cotton ball or maybe like tiny antennae drawing in . . . what? Not air, but something. You would definitely feel some form of energy coming through your hair as you inhale. As you exhale, you can send the Energy back out of the hair or you can just leave it there. The Energy will move where you want it to. It's that simple.

Adult minds set up all sorts of road blocks and barriers to doing what would be simple for a child. If you are finding that your "rational mind" gives you a hard time when you try to do the work here, just ask your "rational mind" to take a rest and have a little childlike fun. You might have to remind yourself a few times. The essence of all this is that doing the Taoist practices is like taking an instant vacation any time of the day you need one. It allows you to leave the tension and turmoil of everyday life for a few minutes and then returns you, a little more resilient or better able to cope with your own reality or maybe just with a smile in your eyes.

Last week you learned about breathing through the hair on your head. We will now move onto the hair under your armpits. Armpit hair is the surplus product of your muscles. Surplus Energy from your muscles is stored there. It belongs to (corresponds with) the spleen/pancreas.

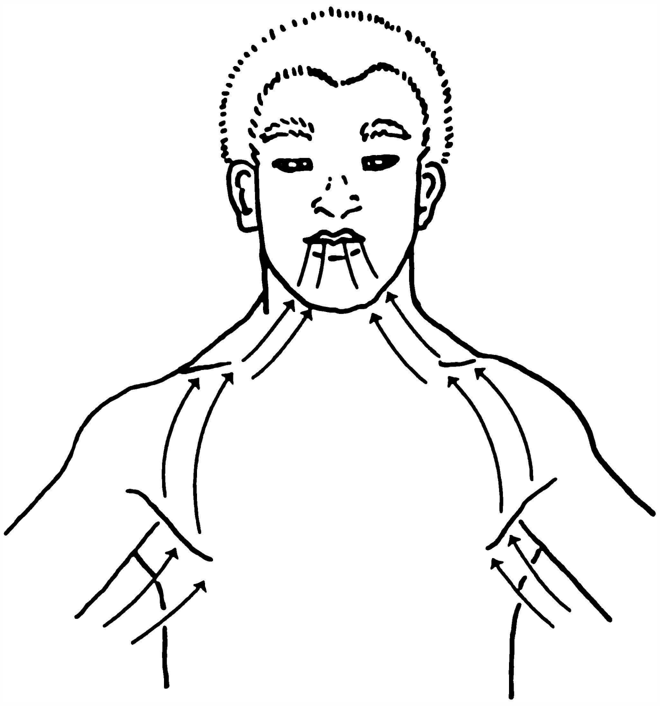
This week you will learn to draw back the Surplus Energy stored in the armpit area. The armpits are often a very tense part of the body. For many of us it is difficult to understand why there is so much tension there. This tension travels all the way through the shoulders and into the neck. When you understand that excess Energy from your entire muscular system is stored there, you can begin to understand why it is so strong. Most of this excess Energy comes from tight muscles that are working overtime. Sometimes this tightness becomes so habitual that the muscles virtually lock and never seem to relax. Drawing this Surplus Energy through the armpit hair and into the mouth will help you to relax your shoulders. With a little practice you will feel it moving. A childlike attitude of suspended disbelief works wonders here. Let go of your preconceived notions of what is and what is not.

So now let's learn to breathe through your armpit hair.

1. Sit up in a chair with your hands clasped in your lap, right palm over left, or assume any of the Standing positions in this book. This week's Standing position works well with this exercise.
2. Close your eyes and relax your whole body as you gently do Reverse Breathing (pulling in the lower abdomen on inhalation and expanding it as you exhale, keeping the chest relaxed). Relax your mind as well, as you continue doing this for at least a minute.
3. Put your awareness on the hair of your head. Breathe through the hair on your head as you learned last week. Do this until you feel Energy being drawn into your mouth.
4. Shift your concentration to your left and right armpits. Try to feel the hair there, or imagine that you do. If you shave your armpit hair, you still have hair follicles and you can just put your concentration on the underarm area.
5. As you inhale, imagine or feel that you are drawing Energy right through the armpit hair (or follicles) and into your underarms.
6. Pull in gently on your eyes and pull up on your anus (perineum) as you inhale. (Try to feel some sense of connection with your mouth and your tongue.)
7. As you exhale, relax your eyes and anus. At first just establish the sensation of breathing in and out of the armpit hair.
8. After about 30 seconds to a minute, stop sending the Energy out as you exhale. Instead, when you exhale, mentally direct the Energy from your

armpits up your shoulders and into your mouth. Moving your lower jaw slowly forward and back, while sucking gently on your tongue and drawing in your cheeks, helps draw the Energy into your mouth.

9. Gather saliva in your mouth by placing your tongue between the back of your lips and the front of your teeth and circling nine times in either direction.
10. Place your tongue behind your teeth and circle six times in the opposite direction. As you gather the saliva, mentally mix the saliva with the Energy drawn from the hair on your head and your armpits.
11. Place the tip of your tongue in back of your lower teeth and press the middle part of your tongue to the roof of your mouth.



Step 5

12. Pull in your chin and straighten the back of your neck and swallow hard, with a gulping sound. Feel the Energy squeeze down into your stomach. Feel your Lower Tan Tien warm up.
13. Tap around your chest and under your arms with an open palm or loose fist, then walk around for fifteen seconds or more.

Feeling the armpit hair breathing might not be as easy as feeling the hair on your head breathe. When you begin the exercise, you start with breathing the hair on your head. Once you feel this, just transfer the sensation of Energy entering your body on inhalation down through your mouth, tongue and neck and into your shoulders.

Again an attitude of belief that you can easily do it helps. You must relax to feel the flow of Energy. So if you are not initially having success and find yourself getting tense or frustrated, please stop and try another time.

A good part of this book will be devoted to learning how to draw Energy into your body. These are a vital part of the Taoist teachings on health and long life. However, they are clearly not a part of any mainstream Western health or medical practice. Therefore, you might need some time getting used to this different concept of breathing. The right attitude helps.

Standing Chi Kung

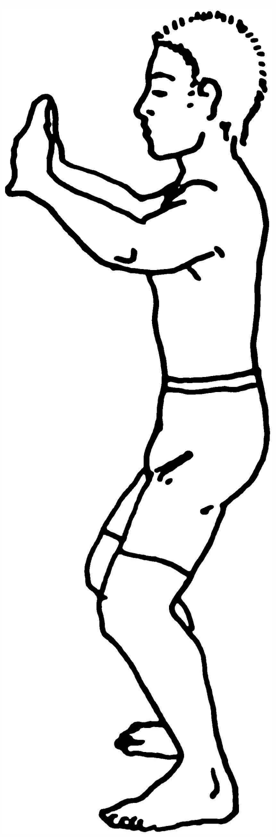
Embracing the Tree

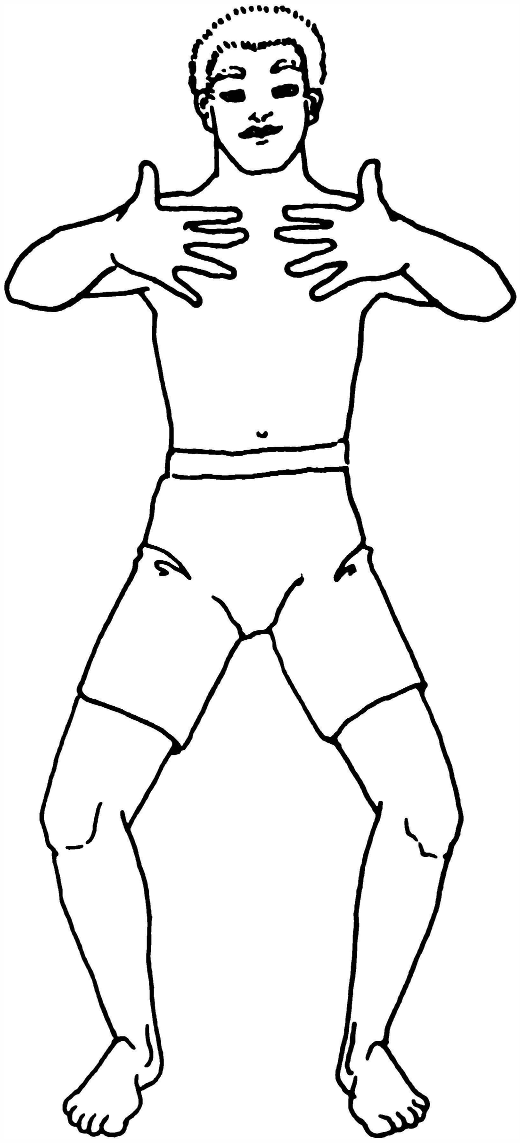
This is the most well known of all the Standing positions. Most systems of Chi Kung make some use of this posture. It is often called the All-Round Stance for this reason.

The same rules you learned last week for Standing with Arms at Sides apply here except the position of the arms and hands are different. As you practice the Standing positions, all the myriad details will slowly fall into place. Please review the instructions in Week One periodically.

Initially you might not be able to hold the position for more than a minute or two. You might find that your arms and shoulders quickly begin to ache and cramp. With practice this will pass. Muscles that at first are tight and stiff will gradually relearn how to relax. You know you are making progress when you mentally command some rigid muscle in your arm to relax and it does. As you continue with your practice, you will be pleasantly surprised to find that some detail that seemed impossible to grasp will suddenly become easy and you will wonder why you had thought it was so difficult. In the Embracing the Tree posture, your arms are raised to shoulder level and held as if you are embracing a big tree or holding a large beach ball.

1. Assume the basic Standing with Arms at Sides position. When you have fine tuned all the details of standing proceed to Step 2.
2. Raise your arms to just about shoulder level.
3. Curve your arms as if you are embracing a tree or holding a large beach ball.
4. Each hand is held approximately in front of its respective shoulder (that is, the right hand is in front of the right shoulder and left hand in front of the left shoulder). It is permissible to bring the hands a little closer together (slightly more in front of the chest).
5. The hands are held at a distance of between a foot and a foot and a half in front of the shoulders.
6. The hands are held open with fingers apart and your palms facing your shoulders. Your thumbs are raised and turned slightly outward away from your body, while your pinkie is flexed slightly inward toward your body.





7. Your elbows are held out to your sides. The tips of your elbows should be slightly below the level of your wrists (that is, your hands are held slightly higher than your elbows).
8. Relax your elbow and wrists. Imagine there is a slight weight hanging from your elbows.
9. Your shoulders should be relaxed, rounded and dropped (pushed slightly down and outward) and not hunched up toward your neck.
10. Your chest is relaxed with the lower part of the chest slightly tucked in, but not constricted. Do not stick your chest out.
11. There should be some slight sense of holding on to an invisible tree or a beach ball.
12. Hold the posture for at least three to five minutes. It can be held up to twenty minutes or more. Maintain the details taught here as well as the details from Week One as you hold the position. It is also permissible to slightly expand your arms as you inhale and slightly contract them as you exhale, as if the tree were breathing also.

You can practice against a wall if you like. You can also practice holding a beach ball or actually embracing a fairly wide tree if one is available to you. The Chinese literature recommends this posture for those who are not suffering from any particular ailment. It is used to build up stamina, prevent illness and promote good health. It is also used to train the embracing force of the arms.

There is a story of a young man who sought to become a disciple of a famous Tao Master. The Master kept sending the young man away, but the young man was persistent. Finally, the Master directed the young man to a thick tree. He told the young man to embrace the tree and that he could return to the Master when he could pull the tree out of the earth.

The young man practiced diligently for years and finally one day he was able to pull the tree straight out of the earth, roots and all. He then returned to the Master. "Master, Master, I have done what you told me and pulled the tree out of the earth." The Master then replied, "Your training is now completed. If you could pull that tree out of the earth, you certainly have no further need of me." He then sent the now not-so-young man away.

This position is used in Rooting Practice Chi Kung where the student learns to root him or herself into the ground and draw strength from the earth. You will learn about Rooting Practice starting in Week Six.

Again, this posture works well with this week's Hair Breathing exercise. It also will work well with this week's Third Treasure—Shen—exercise. As with most of the Standing positions, it works well with any First Treasure or Third Treasure exercise.

Sexual Kung Fu

Deep Breathing with a Rasping Sound

As you learned in the chapter on Basics, there are two basic forms of Taoist deep breathing: the Abdominal Breath and Reverse Breathing. In Abdominal Breathing, upon inhalation, the chest is kept relaxed, the diaphragm is lowered and the lower abdomen is expanded. Upon exhalation the lower abdomen is contracted and the diaphragm is released. In Reverse Breathing, upon inhalation, the chest is kept relaxed and the diaphragm is lowered, but the lower abdomen is contracted. When you exhale, the lower abdomen is relaxed as is the diaphragm.

Gaining control of the diaphragm is highly important to doing both of these forms of breathing correctly. When the diaphragm is functioning properly, it serves to draw in and expel the breath. A mistake that many people make when breathing, is to use the muscles in the throat or neck, instead of the diaphragm, to draw in air. This leads to shallow breathing, stress and stiffness in the throat, neck and shoulders. I'm now going to teach you a simple technique that will help you to relax your throat and neck as you inhale and better utilize your diaphragm.

You might be wondering why I am talking about breathing in this section on Sexual Kung Fu? Well, the ability to slow down your breathing is a key means of keeping control during intercourse. A few long, slow, Abdominal or Reverse Breaths will surely help in your quest for slower, more sensuous sex. When you find yourself getting too aroused, start doing some deep breathing.

In almost all the breathing exercises I have taught you, I have stressed breathing silently. Often I have taught you that the more silently you can breathe, the better you can do the exercise. In this week's Sexual Kung Fu exercise, I am changing all that. This week I want you to make some noise as you breathe.

The technique is very simple:

1. Inhale either an Abdominal Breathing or Reverse Breath.
2. As you inhale, let the air make a rasping sound at the very back of your throat. Try to relax all the muscles in the neck and throat as you inhale. Lower your diaphragm and feel the air flow in.
3. Continue to inhale slowly, until your middle and upper chest are also filled with air.
4. Exhale slowly and evenly. Raise your diaphragm and keeping the neck and throat relaxed, let the escaping breath make a rasping sound at the back of your throat.

Making the rasping sound at the back of the throat, helps to keep all the neck and throat muscles relaxed and allows you to focus on a slower, smoother and deeper breath, which can be quite sensuous when done correctly. The sound shouldn't be too loud. If it is just audible, that's all right. It is important to make the rasping sound. You might be surprised to find how effective it is in helping you to relax a tight or constricted throat.

Personally, this was one of the most important techniques I ever learned. It might take you some time to get the hang of it. When you do, your throat remains relaxed and might seem to slightly expand as you inhale, and the air seems as if it is being sucked into the lungs by the diaphragm.

Strictly speaking, this is not only a Sexual Kung Fu technique. It can be done with all your breathing exercises until you master it. In time, you will be able to make the rasping sound sub-vocally (inaudibly), so that it is totally silent. But first you must become aware of how it is supposed to feel and how to relax the neck and throat. So practice Abdominal or Reverse Breathing with a Rasping Sound at the back of the throat whenever you have a chance. You can do it anywhere or anytime. The more you practice, the easier it gets and the better your breathing will feel.

Of course, I want you to also practice it when you are having sexual intercourse. I realize that it is often difficult to remember to use these techniques when you are in the heat of lovemaking. I don't want it to become too controlled and mechanical for you. However, the more you work at the Taoist Sexual Kung Fu techniques, the easier it will be for them to develop into being a natural part of your lovemaking. As you become more attuned to long, slow, sexual interludes, you will find yourself making more and better use of the techniques you have already learned and will continue to learn in this book. Deep breathing, to slow the pace, should be one of the basic tools in your repertoire.

The Earth Element

Shen
Mind

The Earth Element represents the stabilizing or harmonizing force in the universe. In Internal Alchemy it is used to balance the other four Elements. Each of the Five Elements was born out of the Five Grand Forces which first gave birth to the five directions: north, south, east, west, and center. The direction of the Fire Element that you learned about last week is the south. As the stabilizing force in the universe, the Earth Element is at the center.

This week we will work with the Earth Element. I will teach you how to connect the various correspondences of the Earth Element with the spleen/pancreas and the color yellow (bright topaz yellow) and then to bring them to the Earth Collection Point before forming a yellow aura around our body. The Taoists say that Fire, Water, Wood, and Metal are at home in the Earth. Strengthening the Earth Element, both inside and around our body, nurtures and strengthens our four other Elements. This in turn helps to balance our emotions and strengthen our senses.

The Earth Collection Point is located at the navel, which is approximately at the center of your body. A three-inch sphere is mentally formed at the navel and used to collect the Earth Element from the body. Here is a chart of some of the Earth Element correspondences:

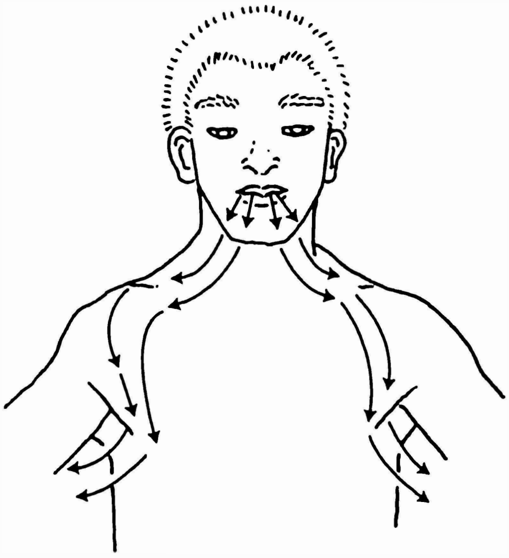
Type of Hair	Yin Internal Organ	Element	Surplus of	Color	External Organ	Finger	Part of Eye	Healing Sound
Underarm	Spleen/ Pancreas	Earth	Muscle	Yellow	Mouth	Thumb	Lids	W-h-o-o-o-o

Yang Organ	Direction
Stomach	Center

1. Sit up straight in a chair, without using the back of the chair to support you. Your hands are clasped in your lap, and your feet are flat on the floor.

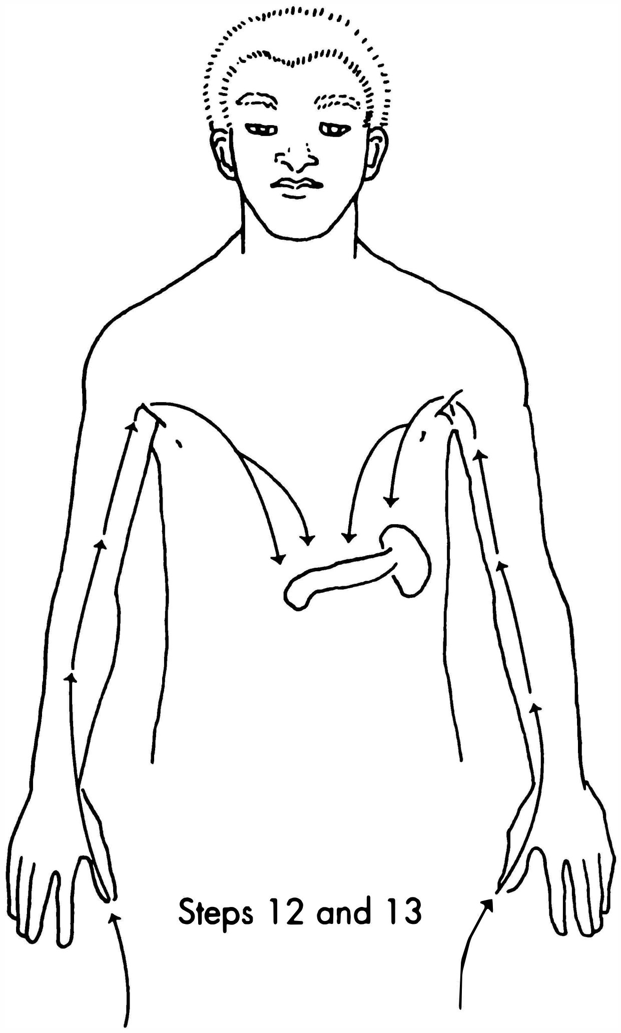
   Alternatively, you can assume the Standing position taught this week or last week or any other Standing position in this book.

2. Raise the tip of your tongue to the roof of your mouth.
3. Put your concentration on any point directly in front of you at eye level for at least 30 seconds. Then lower your eyelids so they are half closed and put your concentration on the tip of your nose for at least 30 seconds. Raise your point of concentration to the "bump" halfway up your nose for at least 10 seconds. Next, raise your point of concentration to your Third Eye Point, between and slightly above the inner corners of your eyes, for at least 30 seconds. (You can adjust the time at each point as it suits you. You should feel yourself growing calm and relaxed as you do it.)
4. Smile into the upper lid of your left eye.
5. Smile into the lower lid of your left eye.
6. Smile into the upper lid of your right eye.
7. Smile into the lower lid of your right eye. Feel the corners of your lips and cheekbones rise up as you smile into all the eyelids and eyelashes.
8. Feel the smiling Energy flow down into your mouth. Feel it flow into your upper lip and lower lip. Let it flow inside your mouth and feel your whole mouth smiling.
9. Feel the Energy descend down your neck and split in two and travel out to your respective shoulders and down to the hair under each armpit.
10. Put your concentration on the hair under your armpits and do Hair Breathing there, as you learned in this week's First Treasure Exercise, for approximately a minute or more.



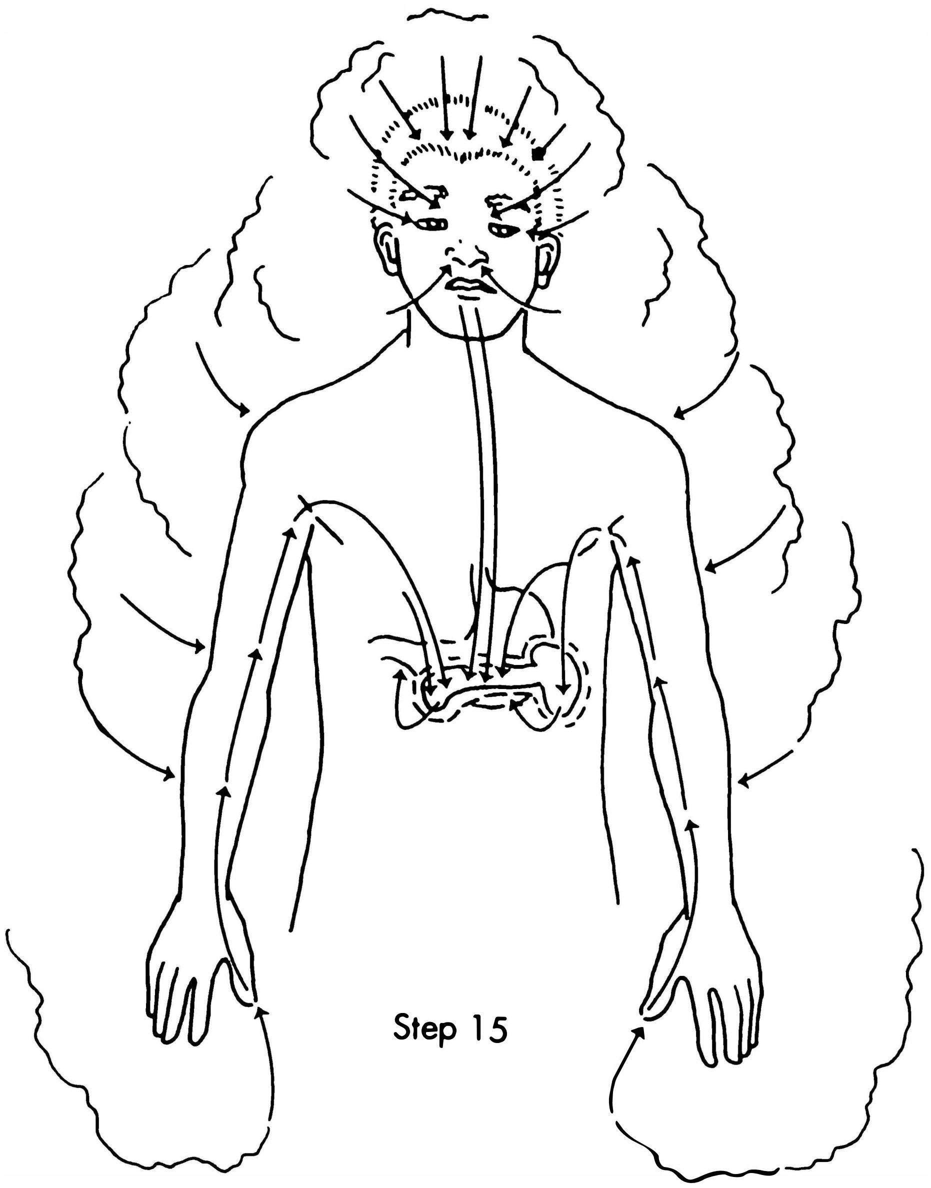
Steps 8 and 9

11. Put your concentration on the tips of your two thumbs. Feel Energy enter into your thumbs as you inhale. It travels up your thumbs, then rises to the surface of your skin, at the wrists, when you exhale.



Steps 12 and 13

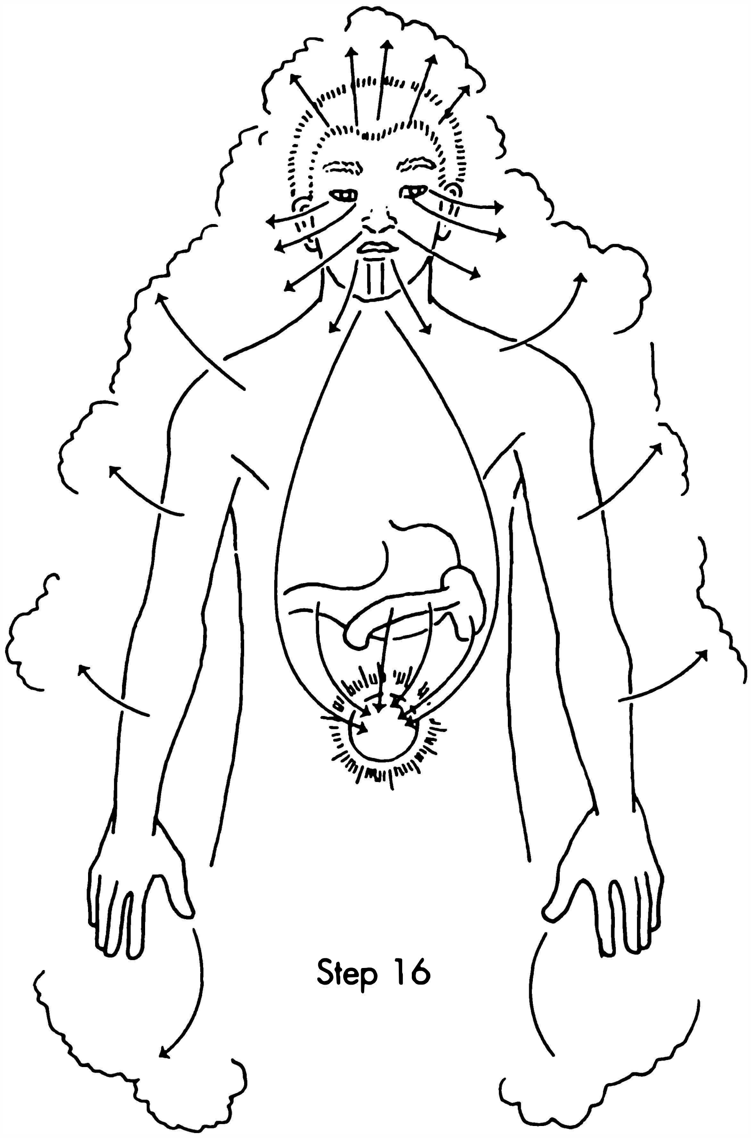
12. Inhale and you can feel the Energy travel through the hair on the surface of your arms up to your armpits. This Energy from the hair on your arms seems to flow into the hair under your armpits.
13. Exhale and feel the Energy flow from your armpits into your spleen and pancreas, which stretch from the lower left side of the rib cage to the midpoint of your stomach area.
14. Put your concentration on your spleen/pancreas and do the Spleen Healing Sound, W-h-o-o-o-o-o-o, at least three times.
15. Imagine that you are standing in a yellow light or yellow mist. As you inhale, this yellow light or mist, enters your body through your nose as well as through all the other correspondences mentioned above: your eyelids, your lips and mouth, your two thumbs, the hair on your arms and the hair under your armpits. It just flows into your body, right through the skin. The yellow light fills your spleen and overflows into your pancreas and stomach.



As you exhale, visualize or imagine that you are expelling a cloudy orange or gray-colored Energy. This Energy is associated with the negative emotions of the spleen, which are worry and anxiety. Imagine you are expelling these negative emotions as you exhale. The yellow color you inhale should be bright yellow. The cloudy orange or gray Energy that you exhale is negativity that prevents the yellow light from shining brightly. As you continue with the practice, it will grow weaker and the yellow light will shine brighter.

16. Draw all the yellow light from your spleen, pancreas, and stomach and any overflow in your body, to the Spleen/Earth Collection Point, a three-inch sphere just below your navel, in the center of your body. See this three-inch sphere begin to glow yellow as you inhale and exhale. Do this for at least a minute or two.

17. Exhale and see or imagine yellow light pouring out of your Spleen/Earth Collection Point and out your mouth. This yellow color spreads out in all directions as it exits your mouth and forms an aura around your body, like a second layer of skin.



Step 16

Simultaneously, see or imagine a yellow light or mist, pouring out of your thumbs, the upper and lower lids of your eyes, and the hair under your armpits and on your arms, and joining with the yellow light/mist coming out of your tongue, to form a yellow aura around your entire body. Guide the yellow light over your arms, legs, torso, back, around your head, between your toes and over every nook and cranny on the surface of your skin, until it covers your entire body. If you are wearing clothes, the yellow light passes right through them.

18. Collect the Energy at your navel to close the exercise.

Hair Breathing: Part 3

Ch Breath

HAIR BREATHING IS PROBABLY one of the more unusual exercises that I have written about. As I mentioned earlier, to the best of my knowledge, it has never before been described in writing in the West.

Who could come up with these strange ideas? Drawing Energy in through the hair? The really strange thing is, once you try it, it is obvious that it can be done. It's easy. So much of the Taoist wisdom comes from a whole other frame of reference than we are used to in the West. So many times as I was learning Internal Alchemy this thought occurred to me: "I could sit on a rock for a thousand years and not come up with this stuff." I often expressed this same thought to other students who would shake their heads in knowing agreement.

I'm happy that I can introduce you to these strange and wonderful practices. I'm smiling just thinking about telling you, because the next type of Hair Breathing you are going to learn is Breathing through the Pubic Hair. I bet almost none of you have ever tried this one before (unless you read ahead last week). Taoist Yoga is truly an adventure that will continue to take you places that you probably never dreamed of. I am honored to be your guide.

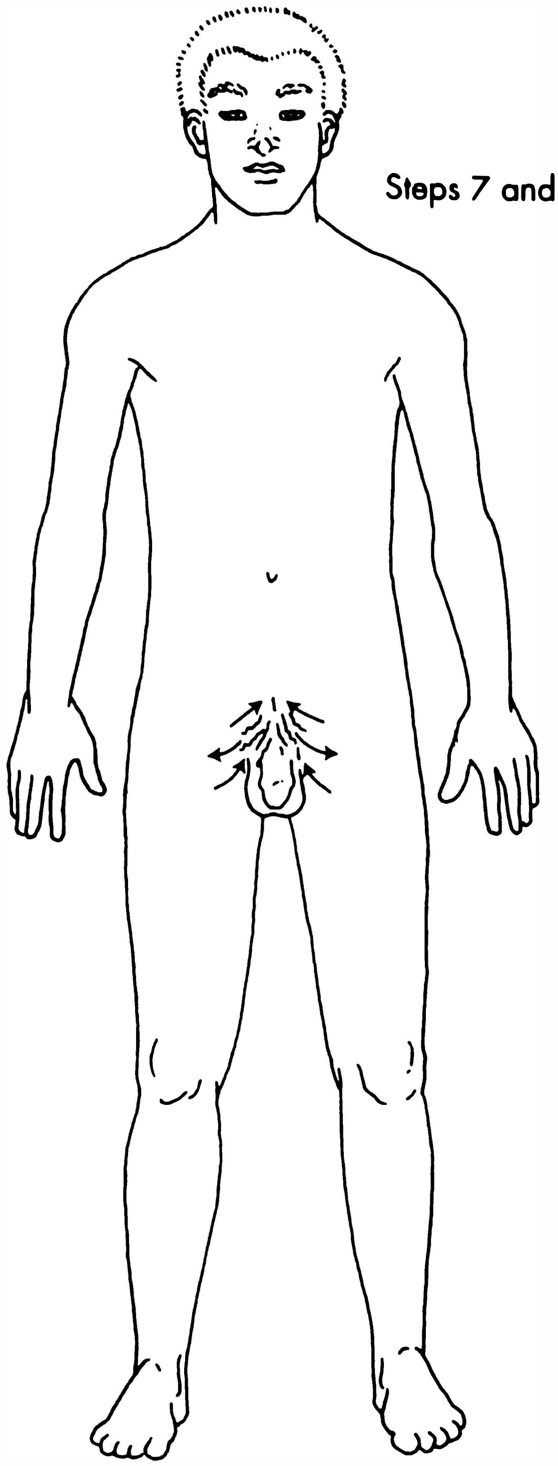
Pubic hair is the surplus product of Chi. It belongs to the lungs. The nose is the (external) opening of the lungs. Let me explain this. The connections may not appear obvious. Chi is most commonly translated as air. When we breathe, the air enters our body through our nose and is drawn into our lungs.

Chi is also Life Force Energy. Excess Chi is stored in the pubic hair. So by learning to draw in the Surplus Energy stored in the pubic hair, you are actually learning how to draw in extra Life Force Energy.

This is one of those connections that you have to sit on a rock for a thousand years to come up with. But these are part of the teachings of authentic Tao Masters. I can't answer how they came up with it. I can only tell you that it works. Please try it. It might really surprise you.

1. Begin the exercise by doing Hair Breathing with the hair on your head. By this week it should be much easier for you to "tune into" your hair. Do this for at least 30 seconds.
2. Draw the Energy into your mouth. Feel your mouth, the roof of your mouth and your tongue relax and fill with smiling loving and healing Energy.
3. Shift your awareness out to your underarms and do Armpit Breathing for 30 seconds or more.
4. Feel the Energy from the hairs on your arms, beginning at the back of your wrists and flowing up your forearms and upper arms and into your armpits. This causes the Energy under your armpits to grow stronger and easier to sense. You might experience a tingling feeling as the Energy flows through the hair and up the outside of your arms.
5. Draw the Energy from your armpits into your mouth. Lightly sucking on your tongue and/or gently drawing in the sides of your cheeks and pulling in on the eyes, helps to draw in the Energy (Chi). You might note a metallic taste, or some other change in taste inside your mouth as the Energy flows into it.
6. Lower your concentration to your pubic hair. It should almost instantly begin to tingle.
7. Gently inhale a Reverse Breath and feel Energy flow into your groin area from the pubic hair. This is surplus Chi (Energy).
8. Exhale and feel the Energy exit your body through the pubic hair.
9. Continue breathing in and out of your pubic hair for at least a minute. You might experience some arousal as you do this.
10. Draw the Energy up toward your mouth. Lightly sucking on your tongue and/or gently drawing in the sides of your cheeks and pulling in on the eyes, helps to draw the Energy up to your mouth.

11. Increase the amount of saliva in your mouth by swirling your tongue around nine times between the back of your lips and the front of your teeth and then six times in the opposite direction with the tip of your tongue behind the front teeth. This should cause your mouth to fill with saliva. Increase the number of circulations in both directions if your mouth is still dry.
12. Feel the Energy from your head hair, arm and armpit hair and from your pubic hair mixing into the saliva. Move your lower jaw backward and forward as if you were chewing the saliva to assist you in mixing.
13. Place the tip of your tongue in back of your lower teeth and press the middle part of your tongue to the roof of your mouth.
14. Swallow hard, with a gulping sound and feel the Energy squeeze down into your stomach. Feel your Lower Tan Tien warm up as it fills with the Surplus Energy.
15. Tap around your chest and under your arms with an open palm or loose fist, then walk around for fifteen seconds or more.



Steps 7 and 8

Hair Breathing gets easier as you continue to practice. By this point you should be experiencing at least some slight inkling of the implications of being able to draw Energy right through your skin and in and out of your body. You are expanding your concept of what breathing actually is and what a human being is capable of achieving, given the proper instructions. This is a totally non-Western approach to the concept of breathing. We will return to Pubic Hair Breathing in this week's Shen exercise—the Metal Element.

Standing Chi Kung

Resting Hands on Head

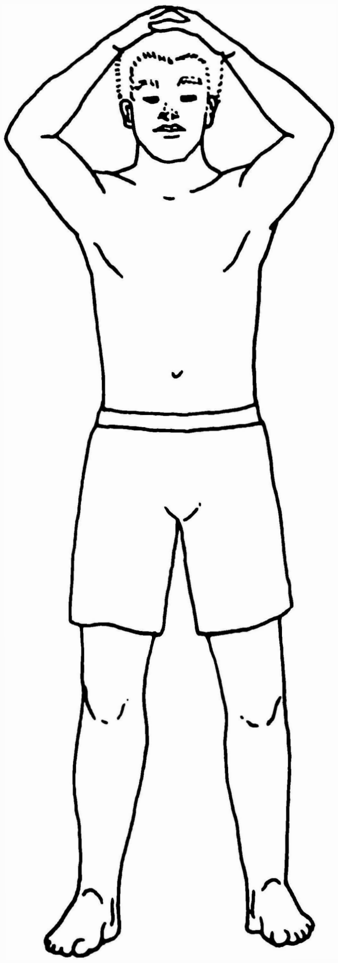
Body

Some of you may be experiencing difficulty in holding your arms in a raised position for any length of time. This might be especially true for those of you with tight and painful shoulders, arthritis sufferers, and for seniors or anyone else who has not been regularly exercising. Keeping your arms raised for even a minute might be too painful or taxing for you to endure comfortably. This week I will teach you a simple position to help you deal with, and eventually overcome, this problem.

When I first began the Standing practices myself, I would find that my arms and shoulders would really begin to ache quite soon after I began. Sometimes the pain would become so excruciating or my arms felt so heavy, that I would have to lower them. It left me feeling foolish that I could not even hold my arms up, but that was the reality of the situation. It was only experimenting with different positions and practices that helped me to overcome this problem.

A position that I found real success with is called Resting Hands on Head. This is an extremely simple standing posture that helps to counter the effect of gravity pulling down our raised arms. It will also help you learn to relax your upper body.

1. Assume the basic Standing posture with hands at sides.
2. Raise both arms out to your sides. Continue raising them until your hands meet over the top of your head.
3. Interlock the fingers of both hands over your head and lower your interlocked hands to the top of your head.
4. Your elbows are pulled back and held out to your sides so that if you turn your head left or right, you would be looking directly at the inner elbow crease of your forearm and biceps.
5. Imagine there is a slight weight (just an ounce or two) hanging from each elbow. Allow your arms to sink down starting from the elbow. Feel both arms relaxing and hanging as if weightless.



6. Hold for at least three to five minutes while you stand silently or do any other internal exercise you have learned.

You should find that with a little practice, you can hold this posture for a considerable length of time. At first you might still feel stiffness and pain in your shoulders and upper arms, but your interlocked fingers keeping your hands in place over your head, help to negate the heavy pull that gravity exerts on your arms. In time you should feel any pain, stiffness or heaviness in your arms pass away. Eventually, as you stand, you will forget that your arms are even there. They will feel light as feathers.

With both of your palms in contact with the top of your head, the Dragon and Tiger Cavities, approximately in the center of the right and left palm respectively, are also in direct contact with the top of your head. You might try shooting Energy in and out of these Energy Points. Let them help you guide the Energy up the Governor Channel and down the Functional Channel of the Microcosmic Orbit. Experiment with the Energy. The Dragon and Tiger Cavities are extremely powerful points for directing Chi.

I have designed this book so that your daily practice is not too time consuming. Fifteen minutes a day is all that is absolutely necessary (although of course you are free to spend as much more time as you like). By being able to combine the Second Treasure Standing exercises with either the First Treasure Hair Breathing exercises, the Second Treasure Sexual Kung Fu exercises (at least the parts that don't require a partner and a bed) or the Third Treasure Shen Element exercises, you can save a lot of time each day with your daily practice. This will continue to be true throughout the remainder of this book.

I want to warn you against going overboard with your practice. As with any discipline, it is possible to overdo it and become overly absorbed in the practice to the exclusion of other parts of your life. In China they refer to this as Chi Kung Psychosis. Be aware that this can happen. I always found that one of the best reality checks came from the people around me. If those close to you start complaining that you are changing or acting really different, please pay attention to them. Taoist Yoga is a process of growth. You will go through some changes. Internal Alchemy is about change. These changes should be for the better, they should not serve to isolate or alienate you from friends, family, and loved ones. When in doubt, always ask heaven what is right. Then pay close attention to how you are relating to the world around you. Beware of thoughts of being better than other people because you are the possessor of secret knowledge. Do not suffer your own arrogance in thinking it is most important for you to be "right," and the person criticizing you to be wrong. You might need the criticism. It is more important for you to be in harmony.

On the other hand, you must carefully evaluate any criticism and not allow yourself to be sidetracked because of someone else's fears or prejudices. The practice of Taoist Yoga requires a commitment to explore new and exciting ways of looking at life and dealing with your body and mind. You must expect that people will be naturally cautious or suspicious about teachings that often fly in the face of what they understand as reality. You can either choose to try to make them understand or remain silent. Under no circumstances should you feel compelled to proselytize these teachings. Remember—you are your own Master.

Sexual Kung Fu

Joining the Breath and the First Gate

This week you will learn to combine the Sexual Kung Fu practices I taught you in Weeks One and Two. I hope you have been practicing. If you don't practice, you won't get it.

These exercises, although simple to describe and understand, really do require a lot of practice. They also take some time to coordinate. That's why I'm teaching them to you slowly, step by step. Each week adding on a new detail to enhance your practice. I could have given you all the steps the first week, but that would have probably overwhelmed you. The more you practice, the easier it becomes. You are exploring new realms of sexual experience that have been available to few Westerners before you.

This week we return to the practice of Sealing the First Gate that you learned in Week One. You may have found some very interesting results if you did this exercise diligently. Depending on your age and condition, some of you may have found it very easy to perform, while some of you might still be having difficulty. I'm moving at a slow, leisurely pace here so that you all have sufficient time to "get it." If you get it right away, enjoy it. The beauty of the Taoist sexual secrets is once you learn them, you have the rest of your life to enjoy them.

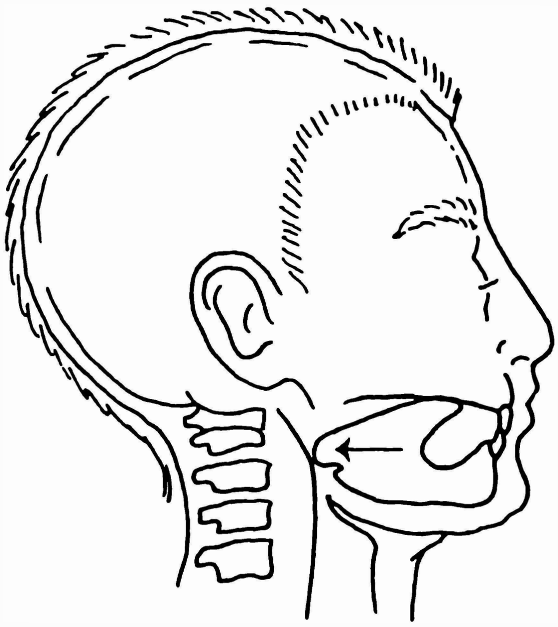
If you practiced while engaged in Dual Cultivation, you might have found waves of Energy traveling up your body as you gently closed the First Gate. You might have found that it helps to slow your pace and added pleasure to your lovemaking.

You should have also found that Deep Breathing with a Rasping Sound which you learned last week, is also an effective tool to slow down and sensualize your sexual experience, as well as being an excellent breathing exercise for relaxing the throat and activating the diaphragm.

Combining Sealing the First Gate with Breathing with a Rasping Sound can lead to truly transforming experiences. You have to work at coordinating the breathing with the sealing, as I will teach you.

As an optional practice, I want to describe a new and important technique that you can do when you perform this practice. Joining the Breath and the First Gate is accomplished by first doing a complete inhalation before Sealing the First Gate. At the same time that you Seal the First Gate, you hold your breath and perform what is known as a Glottal Stop. This involves contracting your throat in the area just above your voice box (Adam's apple) and simultaneously pushing down on the flesh of the bottom of the back of your tongue. It feels as if you are locking the upper part of your throat and pushing the back of your tongue toward the back of your neck at the same time Practice this as a separate breathing exercise: Inhale, hold your breath and perform a Glottal Stop. Exhale.

1. Raise the tip of your tongue to the roof of your mouth. You can use the Wind Point directly behind the upper teeth, the Fire Point further back on the ridge of the hard palate, or curl your tongue back to the Water Point on the soft palate.
2. Inhale an Abdominal Breath, expanding your lower abdomen as you inhale and making a rasping sound at the very back of your throat. Try to feel your diaphragm lowering and pulling in the air. Fill your lungs with air, as if you were filling a large container starting at the bottom and slowly filling it until you reach the top. Keep your neck, throat and chest relaxed as you inhale making a rasping sound.



Step 2

Men:

3. Hold the breath and simultaneously gently tighten the muscles at the very tip of your penis lightly sealing the First Gate. Keep the muscles at the base of the penis (the urogenital diaphragm) relaxed.

   Optional: Perform a Glottal Stop by contracting your throat in the area just above your voice box (Adam's apple) and simultaneously pushing down on the flesh of the bottom of the back of your tongue toward your windpipe. Do this for a few seconds, then relax your throat.

4. Be aware of the tip of your tongue. Feel a connection with the tip of your penis.
5. Exhale and relax.

Women:

3. Hold your breath and simultaneously gently squeeze the muscles at the very tip of the lips of your vagina (like rose petals) and pull up gently on the clitoris, lightly seal the First Gate. Keep the muscles inside the vagina (the urogenital diaphragm) relaxed.

   Optional: Perform a Glottal stop by contracting your throat at the back of your tongue and simultaneously pushing down on the flesh of the bottom of the back of your tongue toward your windpipe. Do this for a few seconds, then relax.

4. Be aware of the tip of your tongue. Feel a connection with the tip of your clitoris and the lips of your vagina.
5. Exhale and relax.

The number of repetitions depends on the circumstances. When done as a solo exercise (Single Cultivation), you should practice for a few minutes at a time. You can do this exercise virtually any time and any place.

When done during intercourse (Dual Cultivation), stop thrusting or moving and try starting out with two or three reps of Joining the Breath with the First Gate. If you have practiced, you should have no trouble coordinating your breathing with the Sealing of the First Gate. Try it with the Glottal Stop and you should notice interesting results. The Sealing of the Front Gate might feel much stronger. You have to experiment and set your own pace here. It should be sensual and calming, not cold and mechanical.

This is a magical technique that just gets better and more satisfying with practice. Some men might find that they will sometimes get an erection when doing this exercise as a solo practice. If this should happen, be considerate of where and when you practice and keep it private. Keep doing the exercise and you should feel waves of ecstatic Energy running right from the tip of your penis and up your spine or torso to your head. Women may feel a similar, possibly more subtle, Energy when they practice solo. As I've said before, there is no substitute for practice.

The Metal Element

Metal is cool and dry. It grows inside the Earth and gives birth to the Water. Fire melts Metal. This is how the ancient Taoist texts would describe the nature of the Metal Element. By the time you finish reading this book it will all make sense to you.

The Metal Element represents the contracting force in the universe. It is the force that causes things to shrink and contract. Its Yin Internal Organ is the Lungs. Its color is white or silvery metallic white. Its direction is West and its Collection Point is located on the left side of the body at the level of the navel. A three-inch sphere is mentally formed to the left of your navel and used to collect the Metal Element.

Here is a chart of some of the Metal Element correspondences:

Type of Hair	Yin Internal Organ	Element	Surplus of	Color	External Organ	Finger	Part of Eye	Healing Sound
Pubic	Lungs	Metal	Chi	White	Nose	Index	Whites	S-s-s-s-s-s-s-s

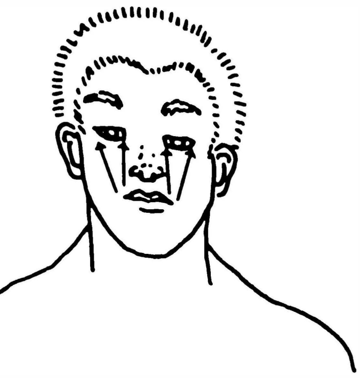
Yang Organ	Direction
Large Intestine	West

1. Sit up straight in a chair, without using the back of the chair to support you. Your hands are clasped in your lap, and your feet are flat on the floor.

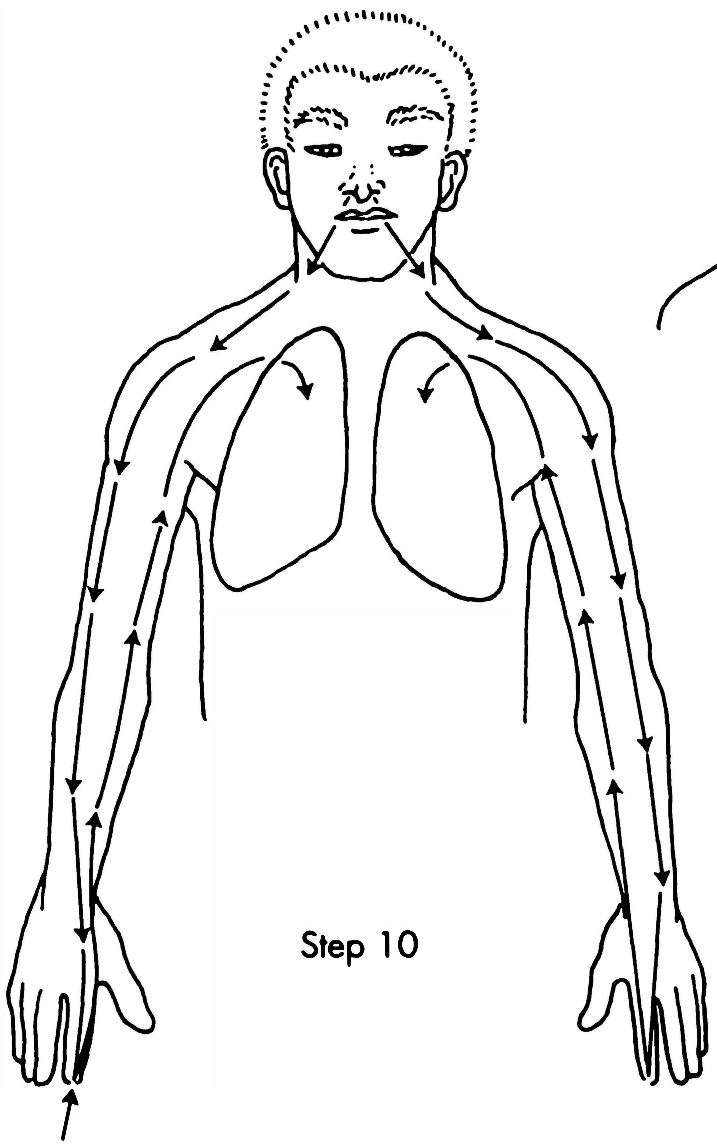
   Alternatively, you can assume the Standing position taught this week or any other Standing position in this book.

2. Raise the tip of your tongue to the roof of your mouth.

3. Put your concentration on any point directly in front of you at eye level for at least 30 seconds. Then lower your eyelids so they are half closed and put your concentration on the tip of your nose for at least



Steps 4 and 5

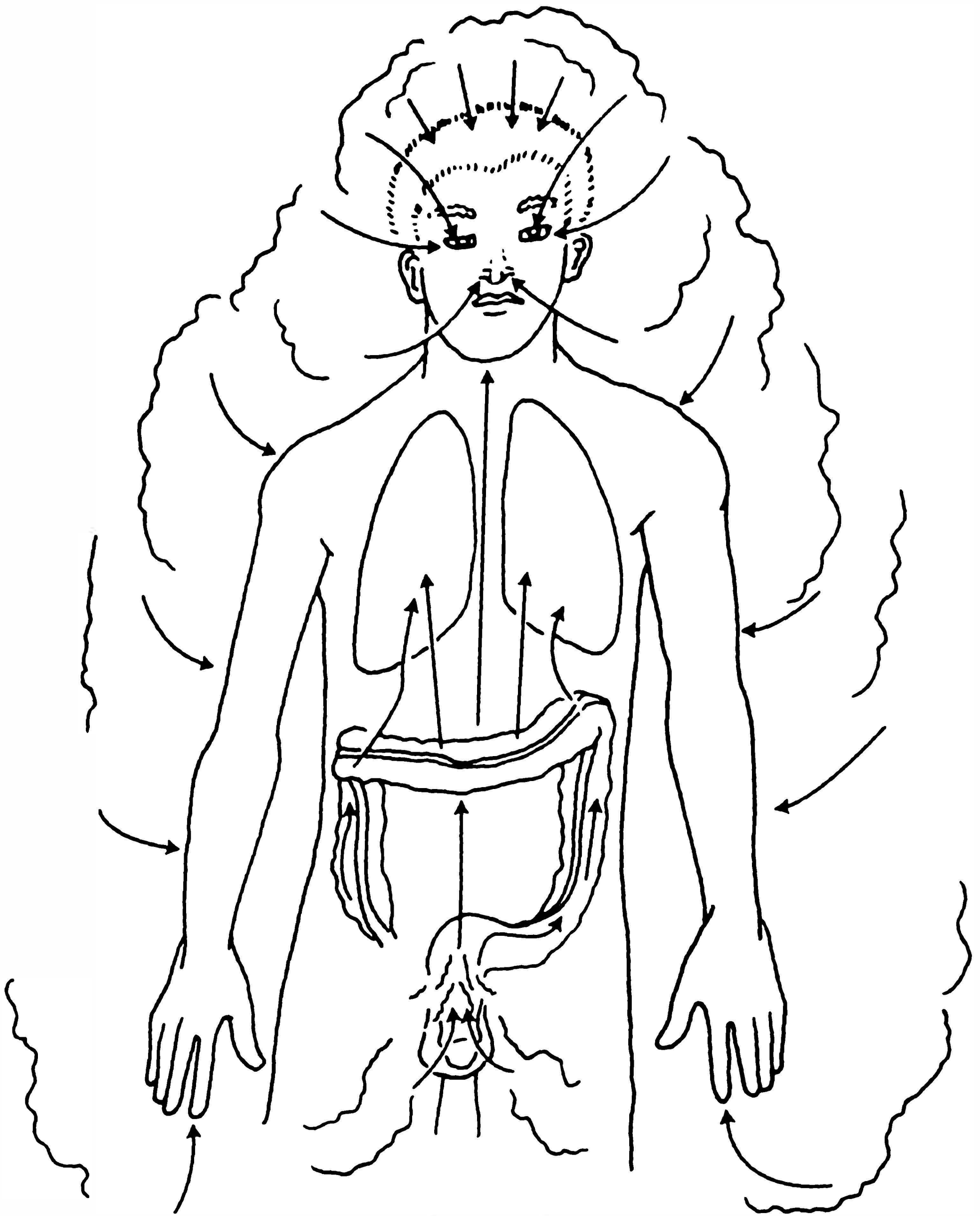


Step 10

30 seconds. Raise your point of concentration to the "bump" halfway up your nose for at least 10 seconds. Next raise your point of concentration to your Third Eye Point between and slightly above the inner corners of your eyes for at least 30 seconds.

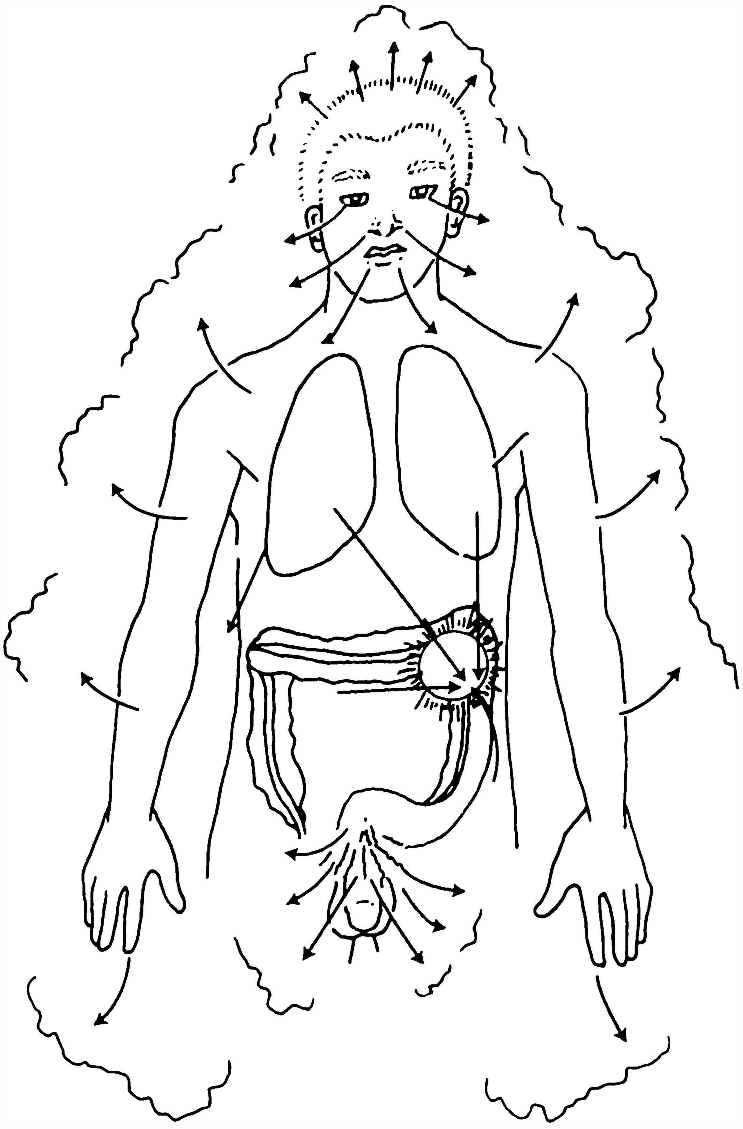
You can adjust the time at each point as it suits you. You should feel yourself growing calm and relaxed as you do it.

4. Smile into the white part of your left eye. Smile on the outside and then feel the smile fill the interior of your left eye.
5. Smile into the white part of your right eye. Feel the smile fill the outside and inside of your right eye.
6. Feel the corners of your lips and cheekbones rise up as you smile into the whites of your eyes.
7. Feel the smiling Energy flow down into your nose. Inhale and feel the connection between your nose, your nostril hairs and your lungs.



Steps 12 – 14

8. Feel the Energy descend down your neck and split in two and travel out to your respective shoulders and down your arms to your index (first) fingers.
9. Put your concentration on the tips of your two index fingers. Feel Energy enter into your index fingers as you inhale.
10. Inhale and feel the Energy on both sides flow up your arms and up to your shoulders. Exhale and the Energy flows downward, into your lungs.
11. Put your concentration on your lungs and do the Lung Healing Sound: S-s-s-s-s-s-s, at least three times.
12. Shift your concentration down to your pubic hair. Begin doing Pubic Hair Breathing for about a minute.
13. Let the Energy from your pubic hair rise up your body through the large intestines and up into your left and right lungs.



Steps 15 and 16

14. Imagine that you are standing in a white or silvery white metallic light or mist. As you inhale, this white light or mist, enters your body through your nose as well as through all the other correspondences mentioned above: the whites of your eyes, your two index fingers, the pubic hair. It just comes right into your body, right through the skin. The white light fills your lungs and overflows into your large intestines.

    As you exhale, visualize or imagine that you are expelling a cloudy gray colored Energy. This Energy is associated with the negative emotions of the lungs which are sadness and depression. Imagine you are expelling these negative emotions as you exhale. The white color you inhale should be bright white or silvery metallic white. The cloudy gray Energy that you exhale is negativity that prevents the white light from shining brightly. As you continue with the practice, it will grow weaker and the white light will shine brighter.

15. Draw all the white light from your lungs, small intestines, and any overflow in your body, to the Lung/Metal Collection Point, a three-inch sphere to the left of your navel. See this three-inch sphere begin to glow white or silvery metallic white as you inhale and exhale. Do this for at least a minute or two.

16. Exhale and see or imagine white light pouring out of your Lung/Metal Collection Point and out your nose. This white color spreads out in all directions as it exits your nose, and forms an aura around your body like a second layer of skin.

    Simultaneously, see or imagine a white light or mist, pouring out of your index fingers, whites of your eyes, and pubic hair, and joining with the white light/mist coming out of your nose, to form a white or silvery white metallic aura around your entire body. Guide the white light over your arms, legs, torso, back, around your head, between your fingers and toes and over every inch of your skin, until it covers your entire body. If you are wearing clothes, the white light passes right through them.

17. Collect the Energy at your navel to close the exercise.

week four

Hair Breathing: Part 4

C

Breath

I HOPE YOU'VE BEEN having fun with the Hair Breathing exercises. I know I am enjoying writing about them. More importantly, I hope you are practicing every day and that you can feel the flow of Energy through your various body hairs.

By beginning each week's exercises with Hair Breathing (at least through next week anyway), I wanted to impress upon you that there is a lot more to the Taoist concepts of breathing than just taking air in through the nose or mouth. The ability to move Chi (which means both air and Energy) in and out of any part of the body is an essential component of Taoist Yoga. We call this Body Breathing. As you advance in the practice it will continue to become more and more important. The healing potential of Body Breathing is enormous. In Hair Breathing you are learning to make use of Energy that is normally lost to you. This Energy will help you to heal and develop yourself.

There has not been much written about Body Breathing in the West. It is pretty much of an alien concept to Western thinking. That is why it is all the more important that people learn about it and come to understand the benefits of the various forms of Body Breathing.

I chose to begin teaching you the practice with Hair Breathing. It is probably the most easily accessible way to begin. Hair is tangible. You can feel it with your hands and you can feel it with your Yi Mind. Once you can feel it, you can begin to at least imagine that you can pull Energy in and out of your hair. Once you can imagine it, then you can do it.

The experience of Hair Breathing is more akin to pulling or sucking Energy right through the hair strands, than it is to lung breathing. I've taught you many techniques to aid you to breathe through your hair such as lightly sucking on your tongue and/or gently drawing in the sides of your cheeks and pulling in on your eyes. You can experiment with pulling up on the perineum and/or anus and with Sealing the First Gate of your penis or vagina and check out if they improve your practice. Each one of you is different. You must learn for yourself what works best for you. You should allow for a little flexibility. To make progress, you still must do the practices, but I'm giving you choices and flexibility as to how you want to perform them. What works best for me may not work best for you. I carry out this same theme with the Second Treasure-Standing forms. I want you to learn and practice them all, but I've given you a lot of flexibility as to which ones you want to use each day, as well as the ability to combine the Standing forms with the First Treasure-Breathing Exercises or Third Treasure-Mind and Spirit exercises. The practice of Taoist Yoga should not become too rigid. You must allow for flexibility and fun.

Through the smiling eyes of a Taoist sage, there is much humor to be seen in this world. Never forget this. To experience the noble emotion of true compassion, it is necessary to maintain a sense of the humor in this world. I'm not saying that there isn't a time to be serious. There is. I'm also not talking silliness and stupidity, just a positive smiling sense of humor. So if we ever should meet, please smile when you see me.

Hair Breathing is one of those Taoist techniques that makes me smile. I hope none of you have forgotten how to do the Inner Smile. You should all be doing the Microcosmic Orbit regularly. You can do it in conjunction with many of the new exercises you are learning. For instance, after you swallow saliva down to your Tan Tien at the end of the Hair Breathing exercises, you can run Energy (Chi) in the Microcosmic Orbit. You should be regularly practicing the Six Healing Sounds as well. They work extremely well in the evening, just before you go to sleep, to help you to relax your body and fall asleep. The Triple Warmer Sound is especially effective.

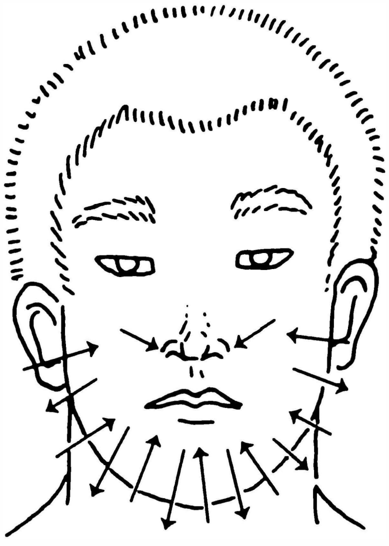
This week you will be learning Facial Hair Breathing. Facial Hair is the Surplus Product of Sexual Energy-Jing Chi. It corresponds with the kidneys. The ears are the external openings of the kidneys.

In Taoist theory, the kidneys are the storehouse for Sexual Energy. Excess Sexual Energy is stored in the facial hair and can be retrieved through the practice of Facial Hair Breathing. The connection between the ears and the kidneys is based on the similarity in shape of the kidneys and outer ears.

This is a powerful exercise that should help to increase the reservoir of Jing Chi-Sexual Energy in your kidneys. As you progress in the practice, the interrelationship of Sexual Energy with the entire system of Taoist Yoga, should lead you to understand just how truly powerful and transforming Sexual Energy can be. Your definition of just what sex really is will expand considerably. Doesn't that sound good?

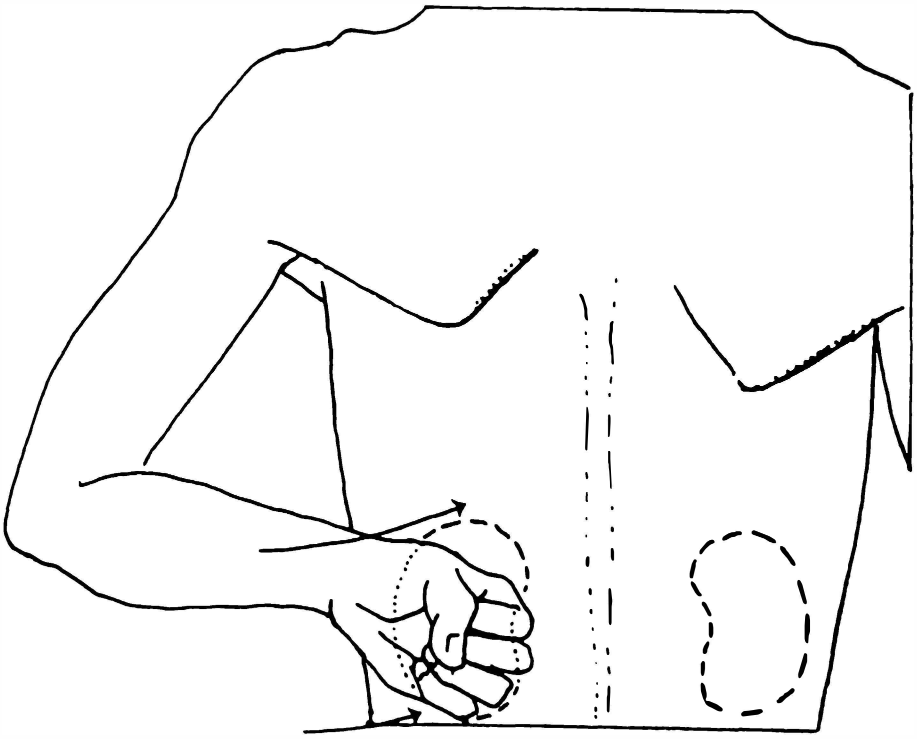
After learning to breathe through your scalp hair, armpit hair and pubic hair it should be very easy for you to connect with your facial hair. Almost everyone has facial hair. Men can grow beards. Most women have tiny, fine hairs all over their face. If you shave your face, breathe through the follicles or the pores of the skin.

1. Begin by first briefly doing Hair Breathing through your scalp, underarms and pubic hair.
2. Put your concentration on your facial hair. The sensations you experience will depend in part on how much facial hair you have.
3. Gently inhale a Reverse Breath (you can do an Abdominal Breath instead, if you find it works better for you), and feel Energy seem to pour right through the hair on your face and chin, right into your mouth.
4. Exhale and feel the Energy pass right through the skin on your face and out of your facial hair.
5. Continue breathing in and out of your facial hair for at least a minute.
6. Next when you exhale, use your imagination or actually feel that the Energy stays in your mouth. When you inhale the Energy continues to come in through the facial hair. Lightly sucking on your tongue or gently drawing in the sides of your cheeks, helps to draw the Energy in. Do this for 30 seconds or more.
7. Increase the amount of saliva in your mouth by swirling your tongue around nine times between the back of your lips and the front of your teeth and then six times in the opposite direction with the tip of your tongue behind the front teeth. This



should cause your mouth to fill with saliva. Increase the number of circulation in both directions if your mouth is still dry.

8. Feel the Energy from your scalp hair, arm and armpit hair, pubic hair, as well as your facial hair, mixing into the saliva. Move your lower jaw backward and forward as if you were chewing the saliva to assist you in mixing.
9. Place the tip of your tongue in back of your lower teeth and press the middle part of your tongue to the roof of your mouth.
10. Pull in your chin, straighten the back of your neck and swallow hard, with a gulping sound. Feel the Energy squeeze down into your stomach. Feel your Lower Tan Tien warm up as it fills with the Surplus Energy. You can do a few circulations of the Microcosmic Orbit if you like.
11. Rub your hands together until hot and massage your face.
12. Tap your kidneys on the lower part of your rear rib cage with the back of your fist five to ten times on each side.
13. Rub your palms together until hot again, then place them on your back over your kidneys. Rub up and down for a few seconds to complete the exercise.



Step 12

Standing Chi Kung

The Single-Weighted Stance

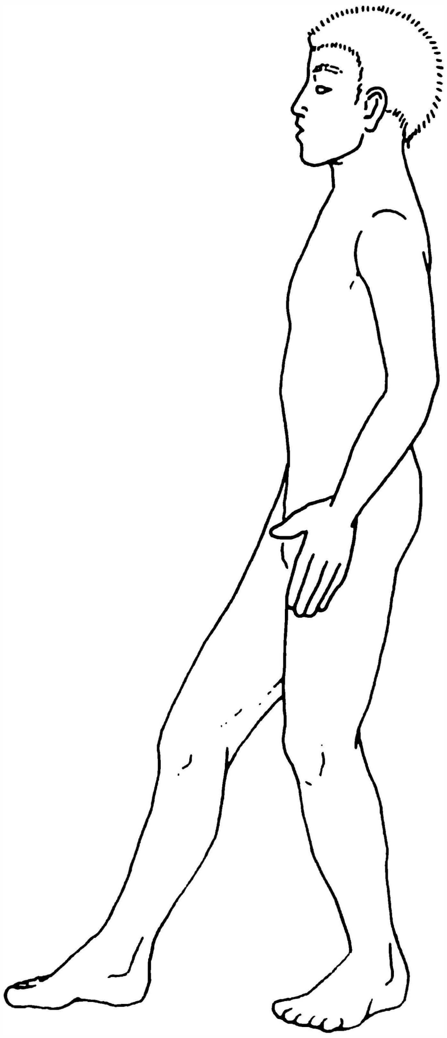
Body

You've learned three Standing postures up to now. All three of these forms are known as Double Weighted Postures. This means that the feet are kept parallel to each other and equally bear the weight of the body. There is another basic stance called the Single-Weighted Posture or Side Stance in which the feet do not bear equal weight.

In the Single-Weighted Stance, one foot faces forward and the other foot is behind it at a 45-degree angle to the front foot. You put about 70 percent of your weight on the rear foot and 30 percent on the front foot. You can practice on either side. When the left foot is in back it is called a Left-Weighted Posture and with the right foot in back, a Right-Weighted Posture.

You have now instantly doubled the number of Standing postures that you know. You can use the Single-Weighted Stance on the three forms you've already learned, so now you know six. If you consider the Right-Weighted and Left-Weighted Stances to be different postures, then you now know nine Standing postures. Wasn't that simple to learn? I will set out the Left-Weighted Posture.

1. Assume any one of the three Standing postures you have learned: Standing with Arms at Sides, Embracing the Tree or Resting Hands on Head.
2. Your right foot faces forward and your left foot is about one to one and one-half feet behind it. Your rear left heel should be almost, but not quite, directly behind your front right heel.
3. The rear left foot points to the side at a 45-degree angle.
4. Place approximately 70 percent of your weight on your left rear leg and 30 percent on your front right leg. If this is difficult to assess, just put more weight on your left rear leg.
5. Keep the trunk of your body facing toward your front right foot. Align both your hips toward your front foot. Your center of gravity shifts toward your rear leg as you straighten your hips.



6. Turn your knees outward a few inches, then turn them back inward, almost, but not quite, the same few inches. You will notice that this tends to round off your groin (open your Qua) and helps to root your feet into the ground.
7. Bend your knees and sink down slightly. Don't allow your knees to bend out further than the toes of each respective leg. (Tightening the muscles in back of your thighs will help you to maintain the posture.) Tilt in your sacrum to activate your Sacral Pump.
8. Be aware of your feet in contact with the floor. It is important to feel connected to the Earth.
9. Hold for at least three to five minutes while you stand silently or do any other internal exercise you have learned in this book.
10. You can reverse sides if you like with the left leg in front and the right leg a foot to a foot and one half behind it at a 45-degree angle.

Turning out the knees and then turning them back inward is an important detail of proper standing. For now this is all you need to know, but of course there are more details to this technique that you will learn in a later week.

Sexual Kung Fu

Screwing the Sacrum

I'm sure that all of you know how to rotate your hips. This week we will refine that motion so that rather than rotating the hips, you put your awareness on your sacrum, and rotate your sacrum. Of course your hips will probably move as well, but they are not the focus of your attention.

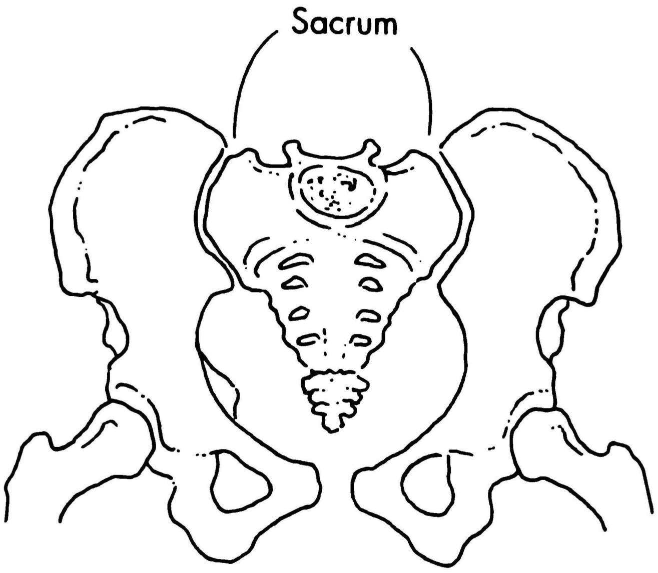
You move your sacrum in a circular, spiraling motion imitating a screw going into a wall. This motion allows you to stimulate your partner in all sorts of interest ways. It also allows you to gain a great deal of control over your movements and increases your sensitivity to the movements of your partner.

Closing the First (Front) Gate of your penis or vagina should aid you to get in touch with and gain better control of your sacrum. Once you try it you should almost instantly feel this connection between the First Gate and the sacrum. You might find it to be extremely erotic. With a little practice you should find this an effective tool for slow, sensuous sexual relations.

I emphasize closing the First (Front) Gate at the tip of the penis or lips of the vagina and tip of the clitoris, and not the Second (Front) Gate—the urogenital diaphragm—at the base of the penis or inside the vagina. Tightening the Second (Front) Gate might actually work to restrict your movement and lock the sacrum in place. You can try it both ways, as an experiment, and see if you can feel a difference.

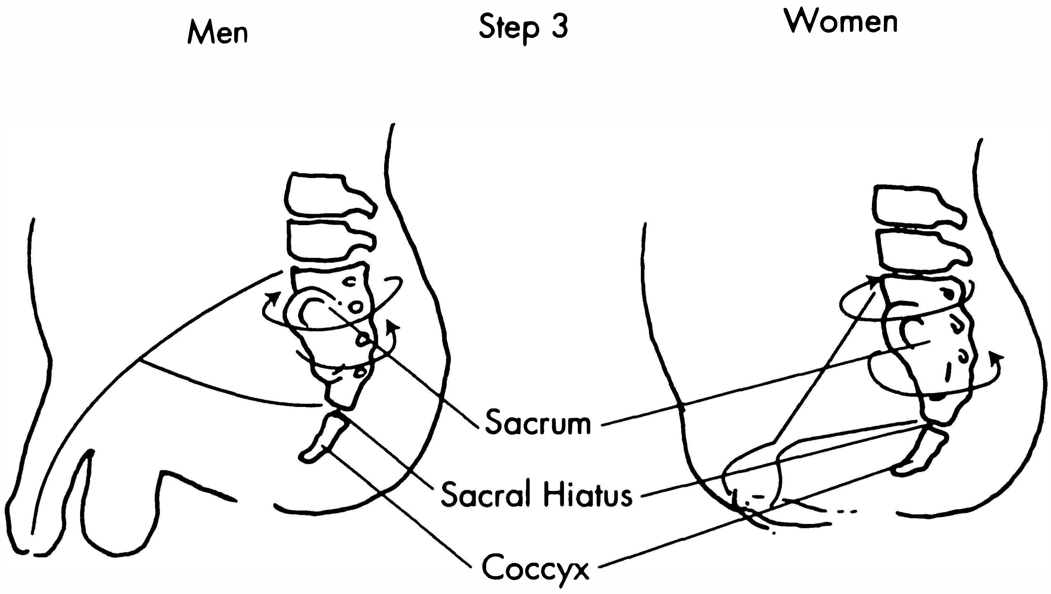
The sacrum is a part of the body that plays an important role in Taoist Yoga. In many of the exercises you've previously learned you activated the Sacral Pump by pulling in the tail end of the sacrum while pushing back at the level of the navel (Ming Men). For some of you the sacrum might have been extremely tight or just seemed like hard work to move. With this exercise you want to train your sacrum to move almost effortlessly. You should practice screwing the sacrum to both the left side and the right side.

Some forms of Latin dancing make use of this same type of movement of the sacrum. It is an easy, flowing, circular movement. You can start by making small circles and as you feel your sacrum loosen and relax, allow the circles to grow larger.



Screwing the Sacrum is another tool in your repertoire of Dual Cultivation techniques. Use it as an alternative to deep or shallow thrusting. It is a good way to begin intercourse. You can do spiraling semi-circles first to the left and then the right. Later on when you have been making love for awhile, you can switch to deep and shallow thrusting. It's a good idea to mix and match sometimes thrusting, and sometimes screwing. Screwing the Sacrum allows you to slow down the pace a little while keeping things erotically charged.

1. Put your concentration on your sacrum, the triangular bone composed of five fused vertebrae, at the lower end of your spine.
2. Shift part of your awareness to the First Gate at the tip of your penis or lips of your vagina and tip of your clitoris. Gently squeeze the muscles at the First Gate. Feel a connection between the First Gate and your sacrum. Try to keep the Second Front Gate (the urogenital diaphragm) relaxed.
3. Rotate your sacrum in a small, circular, spiraling motion.
4. You can increase the size of the circles, or do semi-circles to the left or right side.



It is important that you try to move in harmony with your partner. You have to experiment so that your movements coordinate with each other. You can start by just one of you Screwing the Sacrum at a time. Once you get it, you can both start gently spiraling together. I'm sure that with just a little practice you should be able to work it out. This is another one of those Taoist practices that just makes you want to exercise. It's important to practice. Who said exercise wasn't fun?

Moving in harmony with your partner is one of the most basic rules of Dual Cultivation. Real frustration can come from finding yourself at odds with the movements of your partner. For instance, if the woman is consistently pulling or circling backward while the man is moving forward, or the man is moving to the left while the woman is moving to the right, you will find yourselves to be severely out of sync with each other. This can lead to real problems in the bedroom. Fortunately this situation is easily remedied if you and your partner are willing to work at it. It really is worth the effort.

I have been attempting to teach you techniques to allow you to achieve harmonious sexual relations with your partner. Control of the First Gate, Breathing with a Rasping Sound and Screwing the Sacrum are all Sexual Kung Fu techniques that are part of the art of Dual Cultivation.

Screwing the Sacrum is also an exercise that you can do as a Chi Kung stand alone exercise by yourself. You can practice almost anytime (if you are in a public setting do very small circles). Try it while dancing. Try it while sitting, it is an extremely excellent exercise for those of us who sit too much.

When you first begin the practice of Taoist Yoga and Chi Kung, most of you will find that your sacrum is stiff and the five vertebrae composing it are fused together. By working with the exercises I have been teaching you, there might come a time when the five vertebrae seem to snap open. If and when this happens, you will experience a tremendous release of tightness and tension in the lower part of your back. You will find that your spine becomes more supple and allows you to move much more freely and easily. Energy will flow in your Microcosmic Orbit more smoothly. Often this opening of the sacrum occurs spontaneously during intercourse. Afterwards, you might find that it tightens up again. With continued practice of the various techniques of Sexual Kung Fu as well as the Microcosmic Orbit, it should become easier and easier for you to "open" your sacrum.

May the Chi be with you.

The Water Element

The Water Element is pure Yin Energy, just as the Fire Element is pure Yang. The Water Element represents the gathering force in the universe. It is the force that causes things to inwardly gather together. Its Yin Internal Organ is the kidneys and its Yang Internal Organ is the bladder, both of which help to regulate Water (liquids) in our body.

Mind

In much of the traditional Taoist literature, the color of the Water Element is given as black. However, other Taoist traditions (especially the one I learned) give it the color sapphire blue. I will list both sapphire blue/black as the color of the Water Element. You are free to use either color. The difference seems to be based on ancient animal correspondences that we will not be using in this book. All the elements have animal correspondences that sometimes varied according to the different traditions. The Water Element had an association in Taoist tradition with both the Black Tortoise and the Blue Deer, but I've also seen mention of a Blue Tortoise, so let's not make things too complicated. Experiment with both sapphire blue and black, and see which works best for you.

The Taoists taught that the Grand Force of Water (the original source of the Water Element), gave birth to the Northern Constellations. Hence the direction of the Water Element is North. Its Collection Point is located at the perineum. A three-inch sphere is mentally formed at the perineum to collect the Water Element. Since it is pure Yin it is associated with cold Energy in the body.

You might have noted that while the direction of the Water Element is North, its Collection Point is in the lower (southern) part of our body and the Fire Element's direction is South and its Collection Point is in the upper (northern) part of our body. This is how it they are described in the Taoist sources and in Traditional Chinese Medicine which also makes extensive use of Five Element theory.

Here is a chart of some of the Water Element correspondences:

Type of Hair	Yin Internal Organ	Element	Surplus of	Color	External Organ	Finger	Part of Eye	Healing Sound
Facial	Kidneys	Water	Sexual Energy	Blue (Black)	Ears	Pinkie	Pupil	Ch-u-w-a-a-a-y

Yang Organ	Direction
Bladder	North

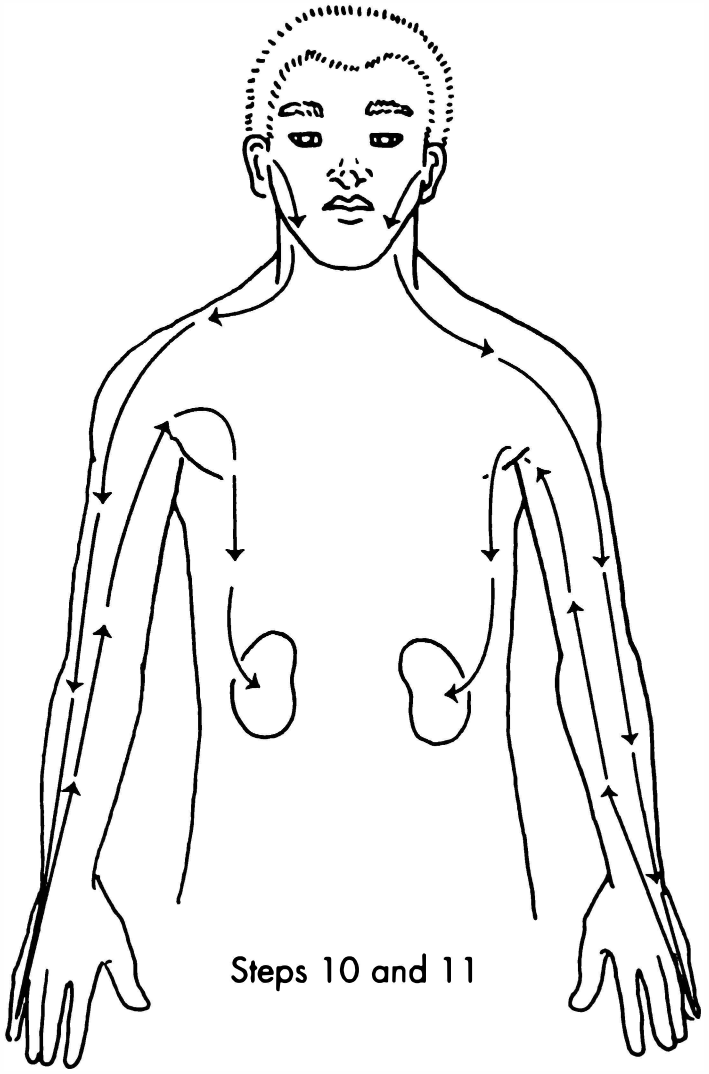
1. Sit up straight in a chair, without using the back of the chair to support you. Your hands are clasped in your lap, and your feet are flat on the floor.

   Alternatively, you can assume any of the Single-Weighted Standing positions you learned this week or any other Standing position in this book.

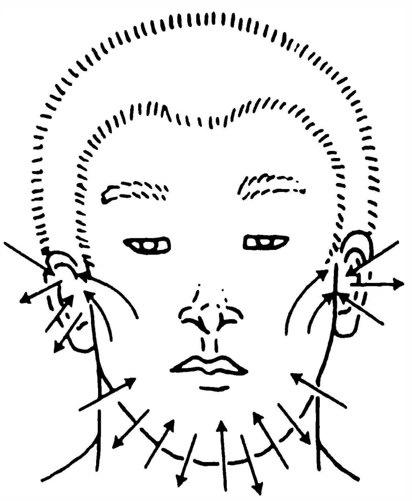
2. Raise the tip of your tongue to the roof of your mouth.
3. Put your concentration on any point directly in front of you at eye level for at least 30 seconds. Then lower your eyelids so they are half closed and put your concentration on the tip of your nose for at least 30 seconds. Raise your point of concentration to the "bump" halfway up your nose for at least 10 seconds. Next raise your point of concentration to your Third Eye Point between and slightly above the inner corners of your eyes for at least 30 seconds.

   You can adjust the time at each point as it suits you. You should feel yourself growing calm and relaxed as you do it.

4. Smile into the pupil of your left eye.
5. Smile into the pupil of your right eye.
6. Feel the corners of your lips and cheekbones rise up as you smile into the pupils of both your eyes.

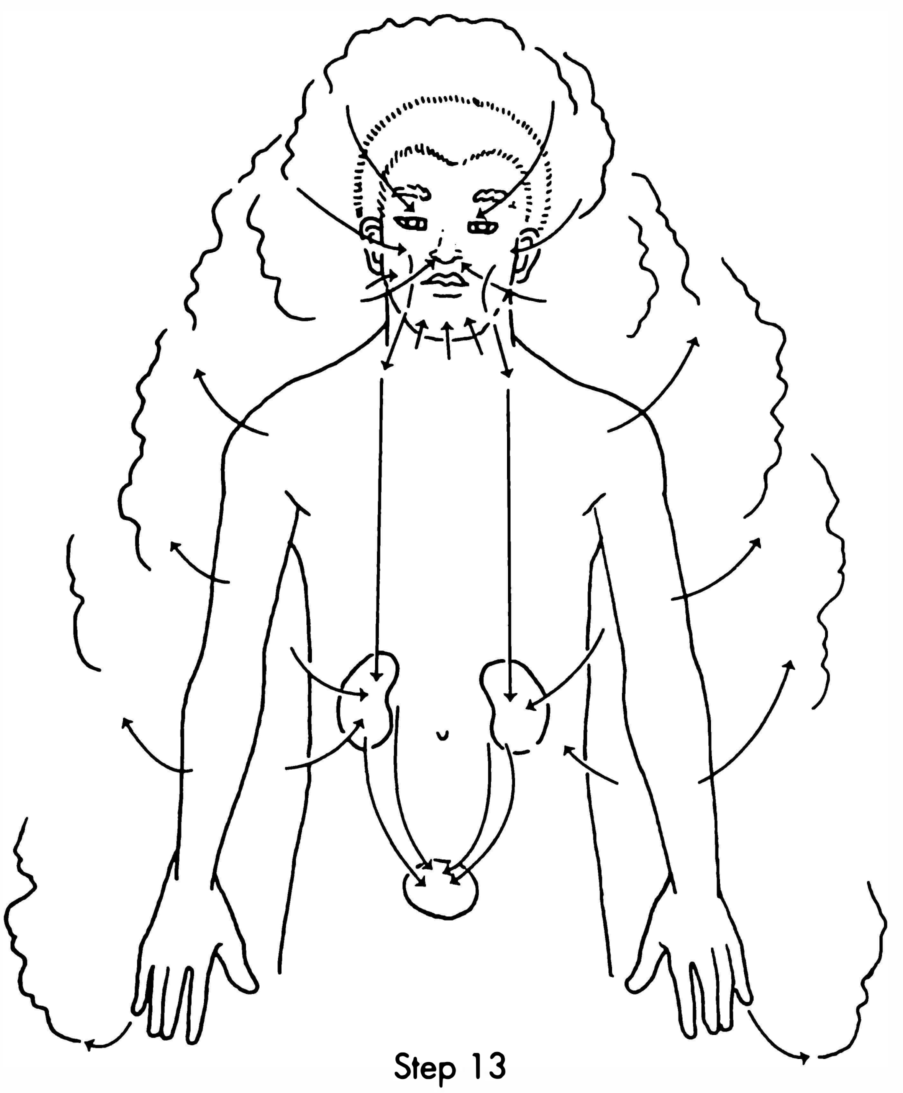


Steps 10 and 11



Steps 7 – 9

7. Put your concentration on your facial hair and do Facial Hair Breathing for at least a minute.
8. Feel the Energy move out to your left and right ears. Smile into your ears.
9. Begin Hair Breathing in and out of any hair in your ears.
10. Feel or imagine a connection between your left ear and your left kidney, and your right ear and your right kidney.
11. Return your concentration to your two ears. Then move your concentration (your Yi Mind) down your neck, out toward your shoulders and down your arms. Put your concentration on the pinkie finger of your left and right hand. Feel Energy enter into your pinkie fingers as you inhale. It travels up your arms and into your chest. As you exhale, feel it flow down the sides of your chest and connect with your kidneys.

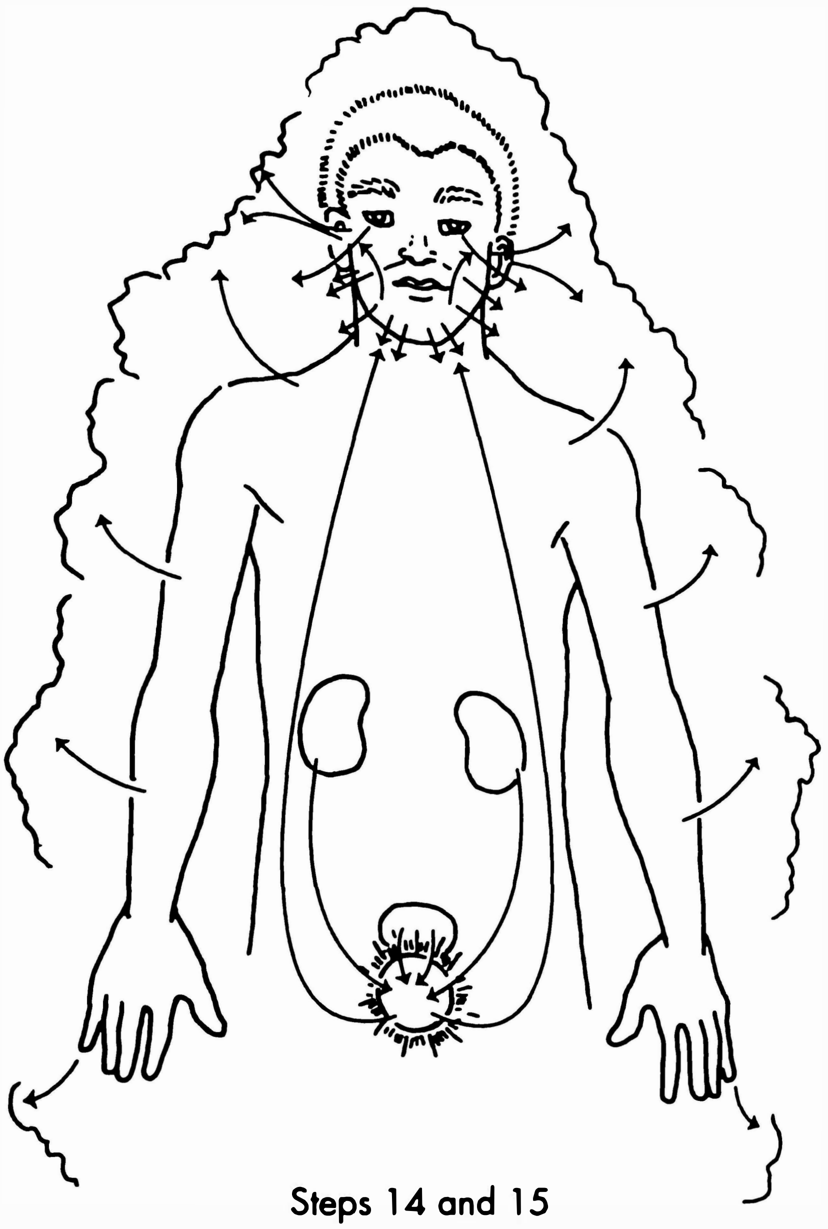


Step 13

12. Put your concentration on your kidneys and do the Kidney Healing Sound at least three times: Ch-u-w-a-a-a-y.

13. Imagine that you are standing under a sapphire blue/black light or mist. As you inhale, this sapphire blue/black light or mist, enters your body, not only through your nose, but through all the locations mentioned above as well: your facial hair, the pupils of your eyes, your ears and the hair in your ears and the pinkie fingers of your hands. It just comes right through the flesh. The sapphire blue/black light fills your kidneys and overflows into your bladder.

    As you exhale, visualize or imagine that you are expelling a cloudy blue or gray colored Energy. This is negative Energy associated with the negative emotion of fear. Imagine you are expelling your fears as you exhale. The sapphire blue/black color you inhale should be clear or bright. The cloudy blue or gray Energy that you exhale is negativity that prevents the sapphire blue/black light from shining brightly. As



Steps 14 and 15

you continue with the practice, it will grow weaker and the sapphire blue/black light will shine brighter.

14. Draw all the sapphire blue/black light from your kidneys and any overflow in your body, to the Kidney/Water Collection Point, a three inch sphere at your perineum, behind your sexual organs. See this three-inch sphere begin to glow sapphire blue or shiny black as you inhale and exhale. Do this for at least a minute or two.

15. Exhale and see or imagine sapphire blue/black light pouring out of your Kidney/Water Collection Point and out through your ears. This sapphire blue/black color spreads out in all directions as it exits your ears and forms an aura around your body like a second layer of skin.

    Simultaneously, see or imagine a sapphire blue/black light or mist, pouring out of your pinkie fingers, the pupils of your eyes, and the hair on your face and joining with the sapphire blue/black light or mist coming out of your ears, to form a sapphire blue/black aura around your entire body. Guide the sapphire blue/black light over your arms, legs, back, over your head, between your fingers and toes, etc., until it covers your entire body. If you are wearing clothes, the sapphire blue/black light passes right through them.

16. Collect the Energy at your navel to close the exercise.

week five

C

Breath

Hair Breathing: Part 5

This will be the final week you will learn the practice of Hair Breathing. This week you will learn to breathe into your eyebrows. The eyebrows are the Surplus Product of the tendons. They correspond with the liver. The eyes are the external openings of the liver.

As I am sure you are well aware by now, Taoists see the body as the sum total of an interconnected system of corresponding body parts. Hair Breathing makes more Surplus Energy available to the body. Eyebrow Breathing provides you with more Surplus Tendon Energy to draw back into the body. This Surplus Tendon Energy will have a positive effect on your tendons.

Sometimes in the practice of Taoist Yoga, as you build up to a certain Energy level, it might seem as if nothing is happening internally for some time. Suddenly you pass through a threshold and achieve a new level of understanding or awareness, and you realize that you are making real progress and the system is working. I hope you have had some experiences like this in the Taoist practices you have learned. You might find that it happens this week. You never know.

Healthier more supple tendons will positively affect your liver. This in turn will affect the Wood Element and the balance of the Five Elements in your body. Strengthening the Wood Element has a positive affect on your eyes in general and your irises in particular. Your eyes will smile more. This in turn will have a positive effect on your whole body. In Taoist theory the eyes are the positive poles (pure Yang) of the body. This means that in relation to the eyes, the rest of the body is negative (Yin), like two poles of a battery with your eyes at one pole and your whole body at the other. This was one of the great secrets of Taoist Yoga. The classic alchemical text, *The Secret of the Golden Flower* states in its opening paragraph, "the light of heaven cannot be seen. It is contained in the two eyes."

As you can see, Eyebrow Breathing sets in motion a whole series of events that are working on a level that you are not consciously aware of. In order for Taoist Yoga to work properly, you must use the Three-Pronged Approach of balancing the Three Treasures; breath, body and mind (Chi, Jing, and Shen). Strengthen one Treasure and it automatically strengthens its corresponding parts. But strengthen one Treasure too much, to the exclusion of the other two (such as only doing Third Treasure exercises), and you will eventually go out of balance. You must maintain the balance of all Three Treasures.

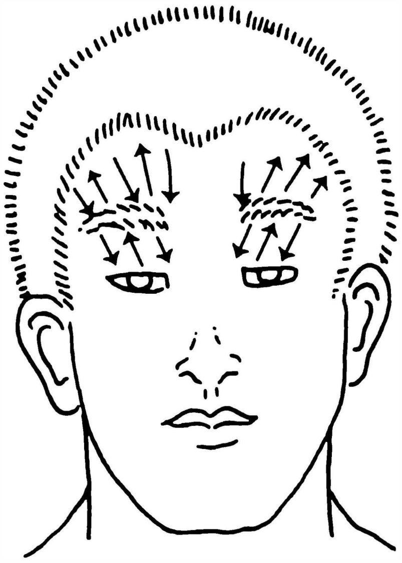
In what is now your fifth week of Hair Breathing, I bet you've been experiencing some interesting results. Little by little I've been teaching you about a completely different concept of breathing. This week I'm going to tie the whole process together and close off a couple of loose ends. You won't only be adding Eyebrow Breathing to your repertoire, you will also be learning to breathe through all the hairs on your body.

The net effect of Hair Breathing is to build an Energy field all around the surface of your body. You have also been doing the various forms of Hair Breathing with each week's Element exercise which culminate in building a Rainbow-Colored Aura around yourself. So far you've created a red, yellow, white, blue and later, in this week's Wood Element exercise, a green colored aura. The Rainbow-Colored Aura can keep you healthy, it can ward off negativity and help you to grow positive Energy.

Here is the final lesson in Hair Breathing.

1. Begin by briefly doing Hair Breathing through your scalp for 30 seconds or more.
2. Shift your Hair Breathing in turn to: your eyelids, nostrils, back of hands, forearms, upper arms, and especially underarms.
3. Shift your attention down to the tops of both your feet and slowly do Hair Breathing up your legs, past your ankles, calves and thighs on both the left and right sides until your concentration (Yi Mind) joins together again at the pubic hair.
4. Do pubic hair breathing for 30 or more seconds then shift your attention up to your facial hair and begin doing facial hair breathing. Add in any hairs in your ears.

5. Put your concentration on your eyebrows. Gently inhale a Reverse Breath (you can do an Abdominal Breath instead, if you find it works better for you), and feel Energy seem to pour right into and through your eyebrows.
6. Exhale and feel the Energy pass right out through your eyebrows.
7. Continue breathing in and out of your eyebrows for at least a minute.
8. Feel the Energy descend into and collect in your mouth. Lightly sucking on your tongue and/or gently drawing in the sides of your cheeks, helps to draw the Energy in.
9. Increase the amount of saliva in your mouth by swirling your tongue around nine times between the back of your lips and the front of your teeth and then six times in the opposite direction with the tip of your tongue behind the front teeth. This should cause your mouth to fill with saliva. Increase the number of circulations in both directions if your mouth is still dry.



10. Feel the Energy from your scalp, eyelashes, nostrils, arm and armpit hair, from your legs and pubic hair as well as your facial hair including any ear hair mixing into the saliva. Move your lower jaw backward and forward as if you were chewing the saliva to assist you in mixing.
11. Place the tip of your tongue in back of your lower teeth and press the middle part of your tongue to the roof of your mouth.
12. Pull in your chin and straighten the back of your neck to activate the Cranial Pump and swallow hard, with a gulping sound. Feel the Energy pour down into your stomach. Feel your Lower Tan Tien warm up as it fills with the Surplus Energies. You can do a few circulations of the Microcosmic Orbit if you like.
13. Rub your hands together until hot and cover your eyes.
14. Tap around your chest especially over your liver on the lower right side of your rib cage to complete the exercise.

In this final lesson of Hair Breathing, you have learned to breathe through all of the hair on your body. Once you get the feel of breathing Energy in and out of your hair, the practice becomes easy. In time it feels as if the entire surface of your skin is breathing. The realization that you can move Chi (Energy) in and out of the surface of your body, that in effect your skin is a breathing organ, can be a truly transformational experience for a Westerner. It can change your entire perspective on what you are and what you are capable of. It also is highly effective in increasing your resistance to disease.

Standing Chi Kung

Parting the Waters

Jing Body

Parting the Waters is a unique Standing posture that is recommended for those who have weakened or atrophied muscles. It is a valuable stance to use if you are recovering from an illness or have otherwise been bedridden. If you are still having problems keeping your arms raised as you stand, or if you have stiffness in your neck or shoulders, this is an excellent form to use. It is also a valuable stance for seniors or others who have to build up their stamina.

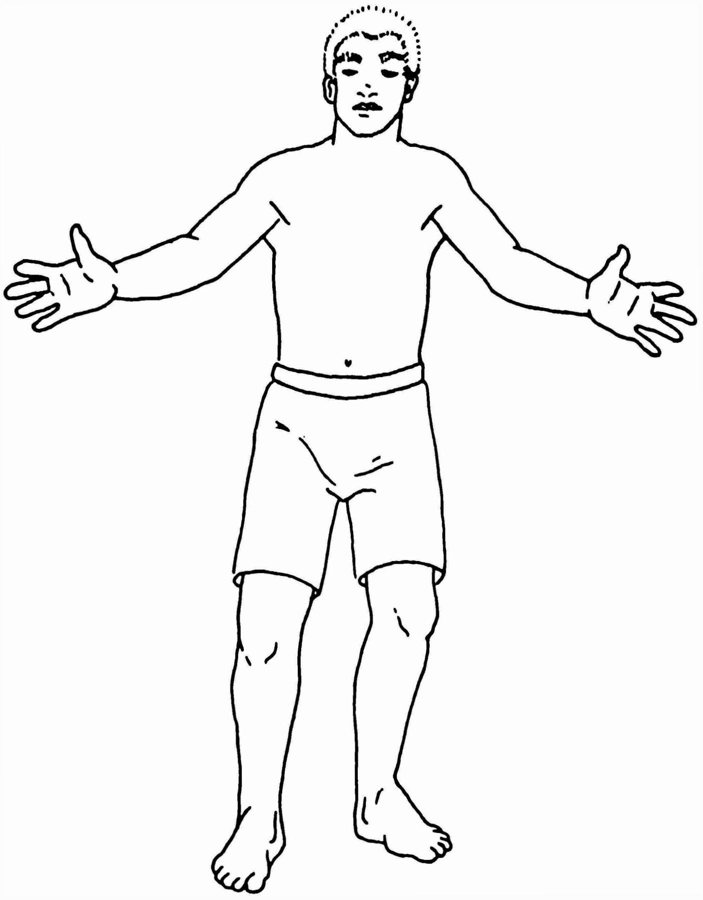
Parting the Waters is a Single-Weighted Stance, but it is a bit different from what you previously learned. In last week's Standing lesson, I taught you to keep your torso and hips facing forward toward the front foot. This is how Single-Weighted Standing is generally performed.

In Parting the Waters, the hips and torso face the direction of the rear foot at a 45-degree angle from the front foot. Your head continues to face your front foot, so that you must turn your head, toward your shoulder. In other words, the front foot and head face forward and your torso, hips and rear foot are at a 45-degree angle. Hold your arms, almost wide open, out to your sides. Your hands are open with fingers spread apart, palm side facing forward.

As you become more adept at the practice, you will be able to feel the Chi moving around you. The name of this week's stance, Parting the Waters, derives from using the image of standing in a body of water while the current is moving against you. You can feel the water flowing past your hands and spreading out around you as you stand there Parting the Waters.

The active use of the imagination is vital to make continued progress in Taoist Yoga. In time what you thought was just imagination becomes real. I am not saying that if you do Parting the Waters diligently, imagining that you are standing in water, that in time as you do the exercise you will actually be standing in water. That is fanciful thinking. What I mean is that you will seem to be able to feel the Energy moving like water. It is something more than just imagination. As the Taoists say, "that which was false becomes real while that which was real becomes false."

1. Assume a Left-Weighted Stance, with your right foot in front facing forward and your left foot one to one and one-half feet behind it, at a 45-degree angle. The heel of your front right foot is almost in line with the heel of your rear left foot.
2. Put approximately 70 percent of your weight on your rear left foot.
3. Bend your knees slightly.
4. Your hips and torso face the same direction as your rear left foot. That is at a 45-degree angle from the front right foot.
5. Your head is turned toward your right shoulder and faces forward toward your front foot.



Steps 6 and 7

6. Raise your arms, almost wide open like a giant embrace, out to your sides and just slightly in front of your body, at the level of your navel.
7. Your palms are open and face forward in the same direction as your rear left foot, torso and hips (45 degrees). Your fingers are held open and spread somewhat apart from each other.
8. Keep your spine erect. If this is difficult, you can bend slightly forward.
9. Your eyelids should be allowed to droop down, half closed, so that only a slight beam of light comes through as you look straight ahead off into the distance.
10. Feel or imagine that you are standing in a body of water and you can feel the current moving against you. You might be especially sensitive to the feel of water running over your palms and fingers.
11. You can switch legs so that you are Right-Weighted, with your head facing forward toward your front left foot and your hips and torso facing in the direction of the rear right leg (45 degrees). Do this to balance out both sides of your body, or if you get tired.

12. Hold for at least three to five minutes at each session.

A variation of this posture allows you to turn your palms so that they face the rear rather than facing forward. You can try it this way after you've gained some proficiency with the basic stance.

You can also use the hand position learned here in a Double-Weighted Stance. Stand with both legs parallel, torso, hips and head looking forward. This is called Double-Weighted Parting the Waters. There are numerous Double-Weighted Standing postures like this, that vary only in the position of the arms and hands. You'll learn about a few more in later weeks.

Sexual Kung Fu

The Inner Smile

Smiling into the Eyes and the Inner Smile are potent tools for soothing and healing as well as getting in touch with the interior of your body. Smiling into the Eyes makes use of smiling into the various parts of the eyes that correspond with each of the Five Elements as you've been learning in the Third Treasure Element exercises: the corners of the eyes with Fire, the eyelids with Earth, the whites of the eyes with Metal, the pupils with Water and next, in this week's Third Treasure exercise, the irises with Wood.

Now you are going to learn how to use the Inner Smile to enhance your Sexual Kung Fu practice. Men will learn to connect the Inner Smile with the testicles and Two Front Gates of the penis. Women will learn to connect the Inner Smile with the ovaries and the Two Front Gates of the vagina.

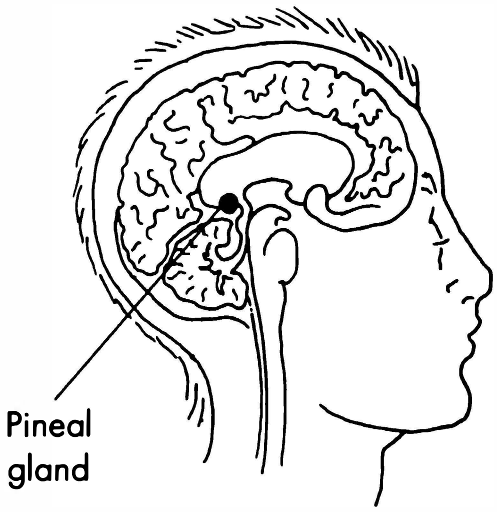
This is a wonderful, transformational practice. You will use your Inner Smiling eyesight to look down and smile into your testicles or ovaries. I have told you that the eyes are the Positive Poles in your body. With this exercise you might come to begin to appreciate what this means. Your eyes are capable of looking inward. It is not the same as using your eyes to see the world. It's sort of like looking and feeling at the same time. When you practice it, you'll "see" what I mean.

First you will smile into your testicles/ovaries. Next you will smile into your urogenital diaphragm, the Second Front Gate. In men it is found at the base of the penis. In women, it is inside of the vagina in front of the cervix. For either sex, it is the place you have to squeeze to stop the flow of urine. Finally you will smile into the First Front Gate at the tip of the penis or at the lips of the vagina and the tip of the clitoris (see figures on page 14).

Now I'm going to teach you some Taoist sexual secrets that will help you to understand what happens when you begin practicing this exercise. By smiling into your testicles or ovaries, you are beginning to transform your Sexual Energy (Jing Chi) into Spiritual Energy (Shen). If you can relax sufficiently to get your testicles or ovaries to really experience smiling, you should also experience either the pure yin of cold Water Energy or waves of ecstatic Sexual Energy (Jing Chi). When you smile into the Second Front Gate at the urogenital diaphragm, you might experience tension running out of the muscles there, or you might experience a tremendous sense of increase in strength or control of your sexual organ and the entire perineum area.

Smiling into the tip of the penis or the tip of the clitoris, is something different. You might see white or golden light. You might experience inner illumination. You might experience ecstasy. Here's why. In four of the five weeks of Sexual Kung Fu exercises I have been teaching you so far, you have been working with Sealing the Front Gate. By now you should be well aware of it's ability to transform the way you make love. But it has an even higher function than that. I have been teaching you about correspondences throughout this book, how one part of the body corresponds with another part. The tip of the penis and the tip of the clitoris correspond with your pineal gland. This is the most important gland in Taoist Yoga.

The pineal gland is located in the brain, approximately three inches below the Crown Point. It is part of the Crystal Palace and is the dwelling place of our Spirit (Shen). Just as Jing (Essence) is converted into Chi (Energy) that our body can use, so too Chi (and Jing Chi, or Sexual Energy) can be converted into Shen (Spiritual Energy). Up till now I have generally been translating Shen as Mind. However in the higher practices of Taoist Yoga, Shen is also our Spirit. It is our immortal self. Advanced Internal Alchemy tends to focus almost exclusively on Shen practices which are far beyond the scope of this book.



The main point here is that Sexual Kung Fu is a form of Internal Alchemy capable of affecting our highest brain functions in a positive manner. Learning and especially practicing the Taoist secrets of sexuality can be a spiritual experience in a true sense of the word. The Taoists took human sexuality to a higher plane than simple pleasure. Sexual Kung Fu can help to transform you into a better person, more in touch with your immortal spirit. So let's get spiritual.

The pineal gland also controls our inner eyesight, the ability to see within ourselves. It works in conjunction with our eyes to illuminate the interior of our body. It also allows us to see auras. So don't think that I've just been teaching you nifty little tricks to dazzle yourself or your sexual partner. You have been learning true Taoist sexual secrets that you would be hard pressed to find anywhere else in the literature of human sexuality. We are lucky to live in a free society where these longtime secrets can be openly discussed.

Begin practicing this exercise alone. It can be done standing, sitting, or lying down. The results you obtain will often depend on your state of mind. For informational purposes only, this is a technique *par excellence* for when you might occasionally find yourself in an altered state of mind.

Once you can easily smile into your testicles/ovaries, urogenital diaphragm and the tip of your penis/clitoris you might find your entire practice moving on to a higher level. I hope I am being successful in providing you with enough details so that even though I'm not there with you, you can still master the information and grow from it. With practice you should find that there is a reciprocal process taking place between the tip of your penis/clitoris and your pineal gland. Each will stimulate the other. This will have a beneficial effect on your ability to use inner eyesight and "see" into your body. This in turn will increase your healing abilities as you learn to fine tune your ability to direct Energy (Chi) to any spot in your body.

1. Compose yourself in a sitting, standing or lying position. If you have been doing no other exercises beside this one, it would be a good idea to do about 30 seconds of Bellows Breathing to stimulate your Lower Tan Tien. Bellows Breathing is rapid Abdominal Breathing in which the inhalation and exhalation take no longer than a second each. It helps to exaggerate the expansion and contraction of your lower abdomen as you do the Bellows Breathing.

2. Smile into your eyes. Picture a perfectly formed, naked "God" or "Goddess," of the opposite sex as yourself, smiling into your eyes. Be as graphic as you like. Do not feel any embarrassment or shame. Just let your eyes smile back.

3. Smile into the Five Elemental parts of the eye: The outer corners of the eyes, the inner corners of the eyes, the upper eyelids and the lower eyelids, the whites of the eyes, the pupils and the irises. (This sequence is known as the Creative Cycle, the sequence in which the elements strengthen each other.)

4. Feel both eyes smiling. Feel Smiling Energy pouring into your eyes from the beautiful, perfectly formed, naked "God"or "Goddess."
5. The smile travels backward, through your brain and down your spine until it reaches your testicles or ovaries. Use your inner eyesight (turn your eyesight around so that you can see inside) to guide the Smiling Energy to your testicles/ovaries.
6. Smile into your testicles/ovaries. You might instantly feel cold yin Sexual Energy. You might see light or flashes of light with your inner eyesight.
7. Move the Smiling Energy to the Second Front Gate—the urogenital diaphragm. Smile into the Second Front Gate and feel the muscles there relax as they soak in the Smiling Energy.
8. Smile down to the tip of your penis or to the tip of your clitoris and the outer lips of your vagina and visualize a naked Smiling "God" or "Goddess" of the same sex as yourself at that location.
9. *Men:* Move the Smiling Energy up your penis to the urogenital diaphragm, pause for a moment and then move it back into your testicles.

   Women: Move the Smiling Energy through your clitoris and through your vagina to the urogenital diaphragm, pause for a moment and then let it flow up into your ovaries.
10. You might feel waves of Energy flowing from your testicles/ovaries or the tip of your penis/clitoris. Raise it up your spine and into your brain.
11. Circulate the Energy in the Microcosmic Orbit and collect the Energy at your navel to conclude.

The Smiling "God" or "Goddess" represent the universal sexual force of Yang ("God") and Yin (Goddess"). This is a powerful manifestation of the life force. It is the Energy of creation and is one of the basic forces of Nature. Orgasmic Sexual Energy is the most powerful Energy we have to deal with for much of our lives. It is important that we be educated into how to use this Energy beneficially. Sexual Energy is like fire or water, either of which can improve your life or destroy it, depending on how they are used.

Of course, once you learn the technique, you will want to practice with a partner. This is Dual Cultivation at its finest. Once you are aroused, you won't have to do the Bellows Breathing. Imagine your partner is a Smiling "God" or "Goddess." Next, just smile down to your testicles/ovaries and then move past the urogenital diaphragm and into the tip of the penis/clitoris. Use your imagination and see a "God" or "Goddess" of the same sex as yourself at the tip of your penis/clitoris. Soon your penis/clitoris might begin glowing with a silvery white or golden light. Bring the waves of ecstatic Orgasmic Sexual Energy up to your head. After that there's no telling where the Sexual Energy might go. Use this in conjunction with the other techniques of Dual Cultivation that I have taught you and have a truly spiritual experience.

May the Jing Chi be with you.

The Wood Element

Mind

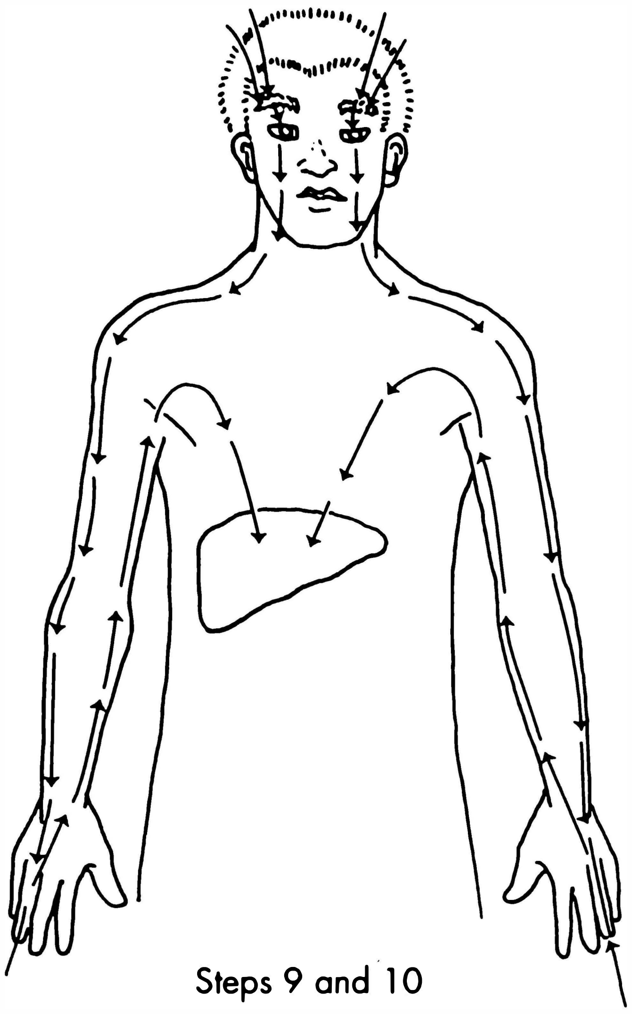
The Wood Element symbolizes the generating force in the universe. Often it is pictured as a tree sprouting roots and growing out of the earth. Its color is green, the color most often associated with Mother Nature. As you should know, its Yin Internal Organ is the liver. Its Yang Internal Organ is the gall bladder which is located beneath the liver and stores the bile that the liver produces.

In Taoist mythology it is taught that the Grand Force of Wood created the Eastern Constellations. Hence the direction of the Wood Element is East. Its Collection Point is located on the right side of the navel, beneath the liver. A three-inch sphere is mentally formed there to collect the Wood Element.

The External Organ of the liver is the eyes. The Taoists teach that the condition of your liver is reflected in the condition of your eyes. Wood is also associated with the irises (colored part) of the eyes in the Smiling Eye exercises. The negative emotion associated with the liver and the Wood Element is anger. Anger is often reflected in the eyes. An overheated liver will make you angry. The Healing Sound Sh-h-h-h-h-h will cool it down and help to dissipate the anger. Here is a chart of some of the Wood Element correspondences:

Type of Hair	Yin Internal Organ	Element	Surplus of	Color	External Organ	Finger	Part of Eye	Healing Sound
Eyebrow	Liver	Wood	Tendons	Emerald Green	Eyes	Ring	Iris	Sh-h-h-h-h-h

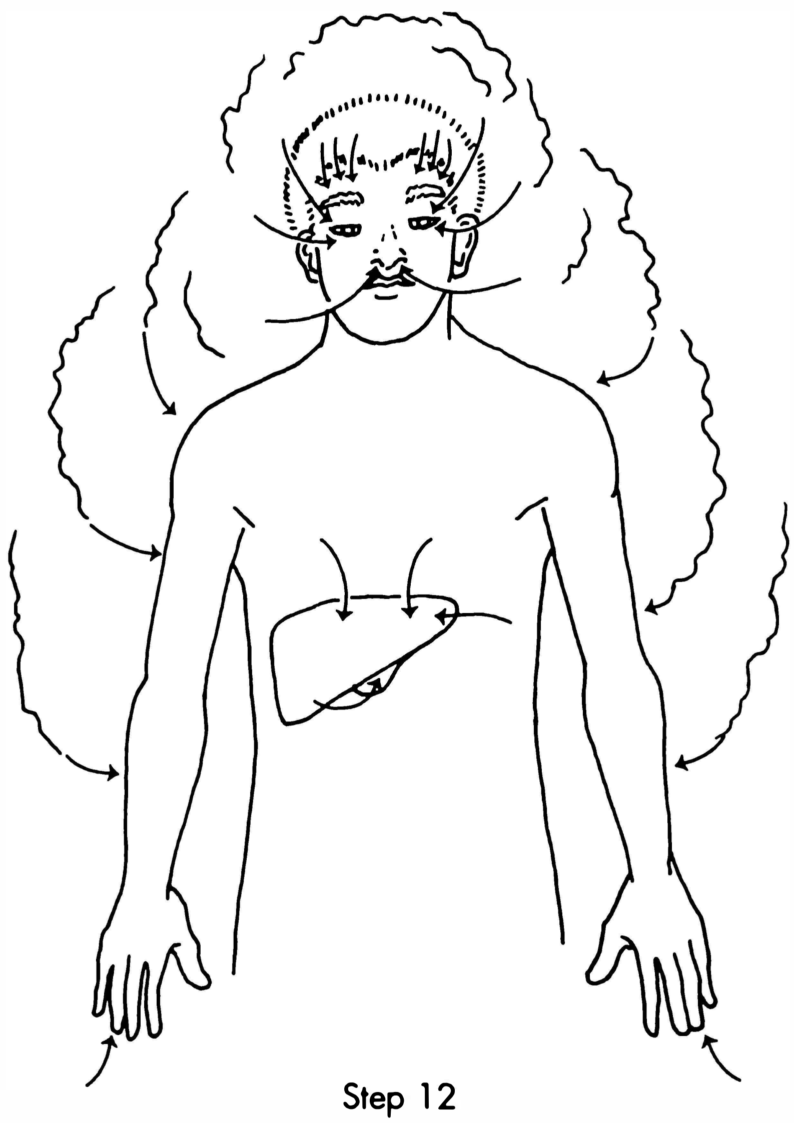
Yang Organ	Direction	Negative Emotion
Gall Bladder	East	Anger



Steps 9 and 10

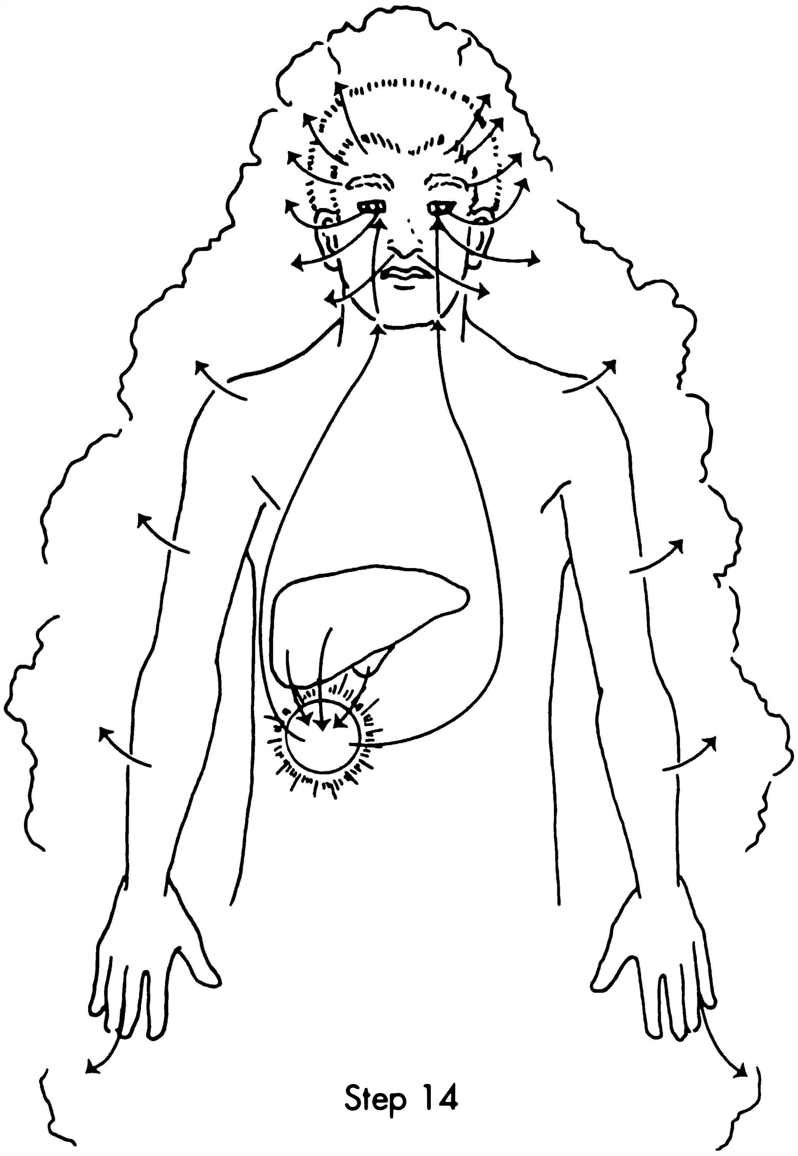
1. Sit up straight in a chair, without using the back of the chair to support you. Your hands are clasped in your lap, and your feet are flat on the floor. Alternatively, you can assume the Parting the Waters Standing position you learned this week or any other Standing position in this book.
2. Raise the tip of your tongue to the roof of your mouth.
3. Put your concentration on any point directly in front of you at eye level for at least 30 seconds. Then lower your eyelids so they are half closed and put your concentration on the tip of your nose for at least 30 seconds. Raise your point of concentration to the "bump" halfway up your nose for at least 10 seconds. Next raise your point of concentration to your Third Eye Point between and slightly above the inner corners of your eyes for at least 30 seconds.

   You can adjust the time at each point as it suits you. You should feel yourself growing calm and relaxed as you do it.
4. Smile into the iris of your left eye.



Step 12

5. Smile into the iris of your right eye.
6. Feel the corners of your lips and cheekbones rise up as you smile into the irises of both your eyes.
7. Put your concentration on your eyebrows and do Eyebrow Breathing for at least a minute.
8. Feel the Energy move into your left and right eyes. Smile into both eyes, the whole eye.
9. Feel or imagine a connection between your eyes and your liver, as if your eyes could look inward into your liver.
10. Return your concentration to your two eyes. Next move your attention down your neck, out toward your shoulders and down your arms. Put your concentration on the ring finger of your left and right hand. Feel Energy enter into your ring fingers as you inhale. It travels up your arms to your shoulders. As you exhale, feel the Energy flow down from the right shoulder (liver side) and across your chest from the left shoulder and into your liver.



Step 14

11. Put your concentration on your liver and do the Liver Healing Sound at least three times: Sh-h-h-h-h-h-h.
12. Imagine that you are standing under an emerald green light or mist. As you inhale, this emerald green light or mist, enters your body not only through your nose, but through all the locations mentioned above as well: your eyebrows, your eyes especially into the irises and the ring fingers of both hands. It just comes right through the flesh. The emerald green light fills your liver and overflows into your gall bladder, directly beneath it.
13. As you exhale, visualize or imagine that you are expelling a cloudy green or gray colored Energy. This is negative Energy associated with the negative emotion of anger. Imagine you are expelling your anger as you exhale. The emerald green color you inhale should be clear or bright. The cloudy green or gray Energy that you exhale is negativity that prevents the emerald green light from shining brightly. As you continue with the practice, it will grow weaker and the emerald green light will shine brighter. Continue inhaling and exhaling for at least 30 seconds.

14. Draw all the emerald green light from your liver, gall bladder and any overflow in your body, to the Liver/Wood Collection Point, a three inch sphere just to the right of your navel. See this three inch sphere begin to glow emerald green as you inhale and exhale. Do this for at least a minute.

15. Exhale and see or imagine emerald green light pouring out of your Liver/Wood Collection Point and out of your body through your eyes. This emerald green color spreads out in all directions as it exits your eyes and forms an aura around your body like a second layer of skin.

    Simultaneously, see or imagine an emerald green light or mist, pouring out of your ring fingers and your eyebrows and joining with the emerald green light/mist coming out of your eyes, to form an emerald green aura around your entire body. Guide the emerald green light over your head, neck, chest, back, arms legs, between your fingers and toes, sexual organs, etc. until it covers your entire body. If you are wearing clothes, the emerald green light passes right through them.

16. Collect the Energy at your navel to close the exercise.

Wood is the last of the Five Elements. It is not actually the Fifth Element it just comes up fifth in the sequence I have been teaching you. This sequence is known as the Creative Cycle. In this pattern each element strengthens the next element in the sequence. You have learned it beginning with Fire, then Earth, Metal, Water, and this week, Wood. To do the Creative Cycle, you don't have to begin with Fire. You can begin with any one of the Five Elements, but you must proceed to the proper element following it in the Creative Cycle. For instance if you start with Metal, the next element is Water, then Wood, Fire, and Earth.

I have waited until now to tell you about this because I wanted you to learn about each of the elements in depth. You have also learned how to build a Rainbow-Colored Aura around your body. You can build a Rainbow-Colored Aura around yourself at any time. If you do this week's practice diligently, as I know you've been doing through each of the previous weeks, you should quickly be able to form the Rainbow-Colored Aura around you. Do one color at a time. You can start with red or any other of the five colors. Just be sure to continue in the Creative Cycle sequence with the four remaining colors. This is an excellent technique to balance the elements, seal in your own Energy and protect you from negative external influences. Once you are proficient at it, you will be able to build the Rainbow-Colored Aura around you in seconds. Try doing it during different everyday situations and observe what happens. It is an excellent tool for stress reduction and centering yourself at any time of day.

week six

Four-Square Breathing: Part 1

Breathing into the Waist

C

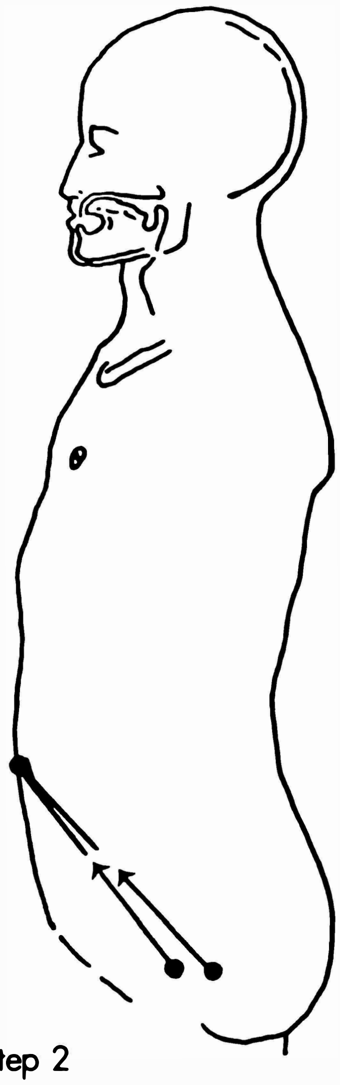
Breath

THIS WEEK WE WILL begin doing breathing exercises that use Perineum Power to direct Energy (Chi) to various parts of the body.

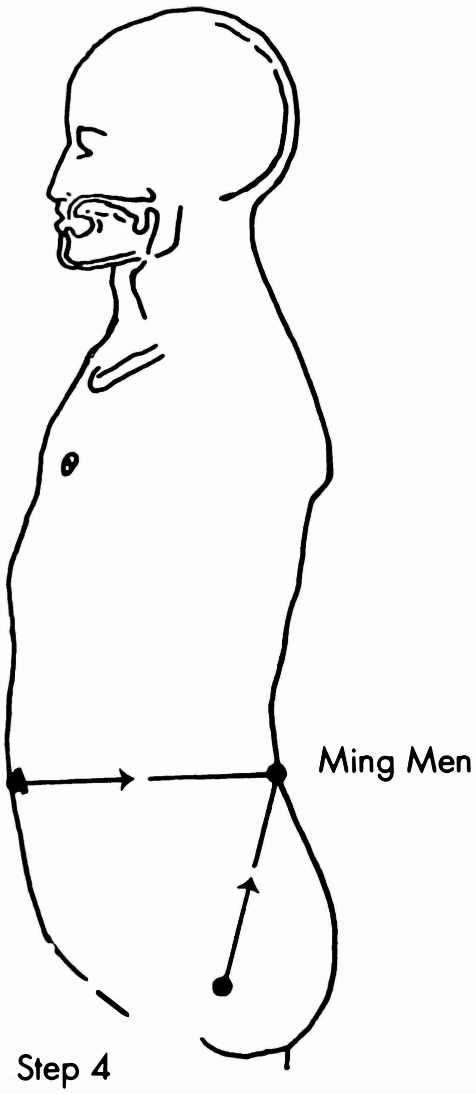
Breathing into the Waist starts with an inhalation of an Abdominal Breath. You then push out your navel and pull up the perineum and anus (Perineum Power), directing them toward the navel. Next you pull in the navel toward the spine and redirect Perineum Power to the Ming Men point on the spine opposite the navel.

We will also direct Perineum Power toward the left and right sides of the waist. The idea is to increase the Chi pressure inside the body. Doing this packs the fascia (the connective tissue around the organs) in a protective cushion of Chi called by Taoists the "Iron Shirt." This is a form of Iron Shirt Breathing that I call Four-Square Breathing. This week's exercise helps to keep the waist and spine strong and flexible.

After directing Perineum Power first to the navel and then to the Ming Men point on the spine, you will take a small sip of air, and push up from the left side of your anus, toward the left side of your waist. With a little practice, as you do this you should feel the left side of your waist actually expand out toward your left side. You then take another small sip of air and repeat on the right side of the waist. You then push out both sides of the waist. You could say that you are building a Chi Belt around the mid-section of your body.



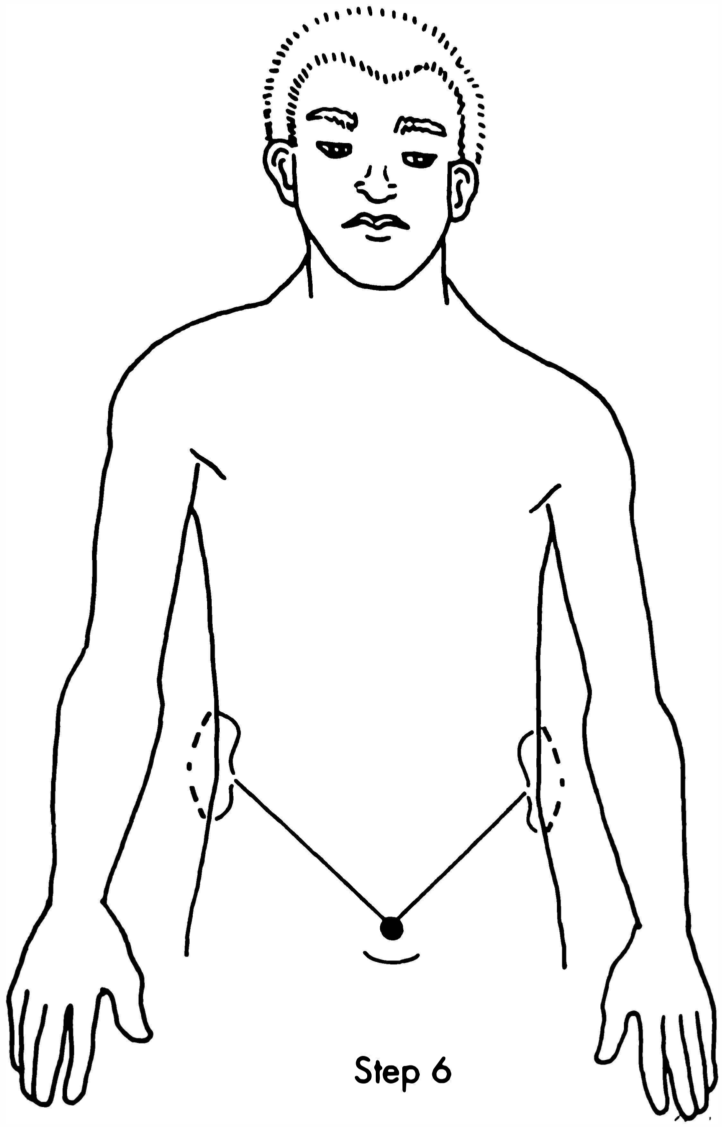
Step 2



Step 4

This is a very powerful exercise. Be gentle and don't use too much force.

1. Slowly inhale an Abdominal Breath and expand the lower abdomen.
2. Push out your navel and pull up your perineum and anus (Perineum Power) toward the expanded navel.
3. Without exhaling, pull your navel toward your spine.
4. Take a small sip of air and redirect Perineum Power toward the Ming Men point (opposite the navel) on the spine.
4. Take a small sip of air and direct Perineum Power toward the left side of your waist. Feel your left waist expand out toward your left side.
5. Take another small sip of air and direct Perineum Power toward the right side of your waist. Feel your right waist expand out toward your right side.



Step 6

6. Take one more sip of air and simultaneously direct Perineum Power toward both the left and right sides of your waist and feel both sides of your waist expand out toward the sides of your body.
7. Exhale slowly as you hold the pull.
8. Release and begin again. Do at least three times. Increase up to nine.

You should definitely feel both sides of your waist expanding out toward their respective sides of your body. There doesn't have to be a lot of expansion, just as long as you can feel some movement under the skin. You can put your hands on your waist as you do the exercise. Feel your waist area expand and grow firmer under your fingers as you use Perineum Power and breathe into the your waist.

You can practice this breathing technique with the various Standing Chi Kung positions you have learned.

Jing Body

Rooting Practice: Part 1

The Feet

Rooting Practice teaches you how to tap into the Energy of the Earth. It is another secret of the Taoists that you will find very little written about. It is a key part of the many Tai Chi and Chi Kung practices.

Much of what you have learned in the First Treasure Breathing Exercises, particularly those using Perineum Power and in the various Second Treasure exercises, are essentially Iron Shirt exercises. Iron Shirt is a form of Taoist Chi Kung that helps to build Internal Power. You'll learn a lot more about this concept of Internal Power in the coming weeks. The practice of Four-Square Breathing, which we began this week, is part of a methodical and logical approach tailored to learning how to increase Internal Power inside your whole body.

Rooting is another essential aspect of Internal Power. We send "roots" into the earth below us. This grounds us and keeps us connected to the world. This is important for many reasons. Physically, it teaches you to use the Yin Energy of the earth to align your structure and support yourself. Taoist teachings and practices are not designed to make you "spacey" or "out of touch" with the world around you. However, you are reaching a point in the practice where you are encountering Spiritual Energy. As your teacher I must tell you that it is important to stay rooted to the world. As a matter of fact, the more rooted you are, the better you will be able to deal with Spiritual Energy (Shen). Rooting helps you to remain both physically and emotionally grounded.

By growing "roots" into the earth, Mother Earth in turn will support you and let you draw Energy from her. It will improve your structure and make you feel stronger. It will allow you to relax your muscles and use your skeletal system and tendons to support you. It will improve your balance.

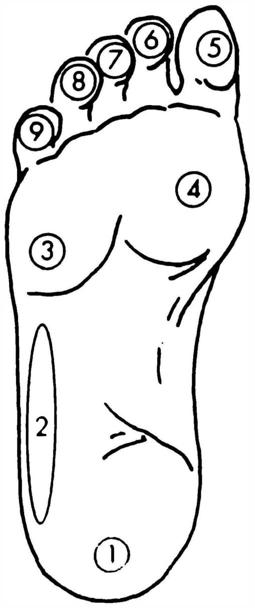
This week I will teach you the basics of the physical practice of rooting. We will focus on the feet to root ourselves into the earth. Rooting is not easy to learn from a book, so I want you to pay special attention to the details. There is nothing inherently difficult about rooting, but it is a non-Western concept. Once you get it, I expect it will be a sort of an "Aha" experience. But that might not come for a few weeks yet. So it is important to learn rooting step by step, so as not to be overwhelmed by the details.

In this week's lesson the emphasis is upon becoming aware of the structure of the foot. This involves learning the Nine Points of the foot that must be kept in contact with the ground in order to effectuate proper rooting.

For rooting purposes, which are so important to any form of Chi Kung or Tai Chi Chuan, the Taoists stressed Nine Points on the sole of each foot. These are 1: the heel; 2: the outer edge (pinkie side) of the foot; 3: the small ball of the foot (below pinkie toe); 4: the large ball of the foot (below the big toe and second toe); 5: the big toe; 6: the second toe; 7: the third toe; 8: the fourth toe and 9: the pinkie toe.

This is not as complicated as it might sound. Please note that five of the points are the five toes, beginning with the big toe and working across to the pinkie. That's easy to remember. These are points 5 through 9. That leaves only four other points to remember. The exercise you are about to learn begins at point 1, the heel. Nothing mysterious about that. It then moves step by step through the remaining 8 points of the foot for a total of Nine Points. We will work on rooting one foot at a time. This is an exercise that should be done with bare feet.

1. Assume any Double Weighted (feet parallel, both facing forward) Standing position. The Embracing the Tree position is fine.
2. Keeping the heel of your left foot in contact with the ground, lift the rest of your left foot up off the ground, an inch or two. Don't move your right foot.
3. Lower and slowly roll onto the outer edge of your left foot.
4. Continue the slow roll of your foot and roll onto the small ball of the foot under the pinkie toe. Press the small ball into the ground.
5. Roll onto the big ball of the left foot under the big toe. Keep your heel and small ball in contact with the ground as you roll on to the big ball.
6. Press your big toe into the ground, keeping all the other points in contact.
7. Roll onto your second toe, keeping all the other points in contact.
8. Roll onto your third toe, keeping all the other points in contact.
9. Roll onto your fourth toe, keeping all the other points in contact.
10. Roll onto your pinkie toe, keeping all the other points in contact.
11. Lightly push the Nine Points into the ground. Try to keep the weight of your left foot evenly distributed over the nine points. Relax the foot.



12. Repeat on your right foot.
13. Standing Meditation: After you have rooted both your left and right foot, reestablish your Standing form and hold for a few minutes. You can allow your body to rock a little bit, forward and back and side to side. Slow rocking allows the body to become more receptive to and able to draw up the Earth Energy. Do some form of breathing exercise, active or quiescent meditation or any other exercise I've taught you as you stand.

Pressing the Nine Points into the ground and then relaxing them, activates the Yin Earth Force. In time you will feel this Earth Force move up from the ground and into the bones of your feet.

This exercise is actually very easy and is remarkably effective. I think about it as working in two waves: starting on the heel from the outside of the foot moving inward to the large ball of the foot, and then secondly up to the big toe and work outward to the pinkie. Within a few days of beginning Rooting Practice, you should start to feel a change in the way your feet stay in contact with the ground, increasing strength in your legs and an overall improvement in your sense of balance. Once you are comfortable with Double-Weighted Stances, you can do the exercise with Single-Weighted Stances.

Be sure to tuck in your sacrum and sink your perineum, as if you were just starting to sit down. Try and relax your muscles and feel your skeleton and your tendons maintaining your structure. This is a major goal for the Second Treasure, Body (Jing) exercises. It is applicable to all forms of martial arts, Chi Kung and especially Tai Chi Chuan. Unless you know about rooting and Internal Power, Tai Chi can be just an elegant dance.

Sexual Kung Fu

Turning the Yin-Yang Water Wheel: Part 1

As you move deeper into the mysteries of Taoist Sexual Kung Fu, the use of imagery grows more important. You encountered this for the first time in last week's Sexual Kung Fu and the Inner Smile. You visualized a perfectly formed, naked "god" or "goddess" of the opposite sex as yourself, smiling into your eyes. You felt that Smiling Sexual Energy descend from your eyes, all the way down your spine to the tip of your penis/clitoris where you then visualized a "god" or "goddess" of the same sex as yourself. The Sexual Energy (Jing Chi) then rose up the Governor Channel and you circulated it in the Microcosmic Orbit. You might have found this to be quite erotic. This week I am going to use some new imagery that should help to arouse the Sexual Energy necessary to start the process of Internal Alchemy.

Sexual Energy is a major ingredient of Internal Alchemy. The Taoists were aware of the incredible potential for healing and transformation that Sexual Energy provides. Most of this information is totally unknown in the West outside of a few scholars and a handful of dedicated followers of the Tao. As we move deeper into the practice, I think you will be continually amazed at how the Taoists learned to integrate Sexual Energy into the entire practice of Taoist Yoga. Sexual Energy provides the fuel that powers the transformations.

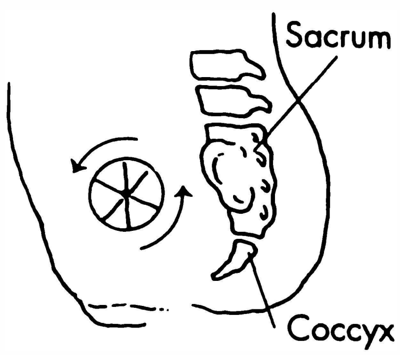
This week you will learn the practice called Turning the Yin-Yang Water Wheel. With this exercise we are moving on to new ground in Sexual Kung Fu. This is an authentic Taoist Alchemical Formula. It will draw upon many of the techniques you have already learned, plus a few new ones that I'll have to teach you as we move along. So keep those eyes smiling, you're in for a treat.

Like last week, this week's Sexual Kung Fu exercise begins with the eyes, but there is a difference. The Taoists considered the left eye to be yang and the right eye to be yin. Drawing on this yin-yang distinction between the eyes, we will visualize a boy (yang) in the left eye and a girl (yin) in the right eye. You can visualize them as any age you like. They are clothed royally, the boy in robes of gold and the girl in robes of silver.

Using Inner Eyesight you will look down toward your perineum area where you will visualize that same boy and girl walking on the Water Wheels, causing them to revolve. To make this sexual formula work, it will be necessary to use your eyes in a manner that I have not taught you before. You must imagine that you can roll your eyes all the way around inside their sockets, like a rolling ball, 360 degrees, front to back not side to side. Physically, of course, this is impossible. However, if you look down and pull in on your eyes while simultaneously pulling up on your testicles or ovaries (lips of the vagina), you can actually feel as if your eyes are rolling down, around and up, 360 degrees. To begin, just circulate Energy around your eyes, and imagine that your eyes are rotating. Your eyes should "turn" in conjunction with the Water Wheels. As the Water Wheels turn, your eyes "turn" at the same rate.

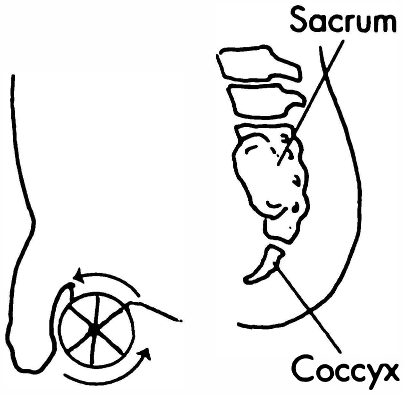
This is an exercise that might take some practice before you "get it." You should feel as if your eyes connect with your testicles/ovaries (the location of the Water Wheels) and that both your eyes and the Water Wheels are turning 360 degrees, in sync with each other. To help achieve this, we will use another new technique to set the Water Wheels in motion. You will visualize a mirror inside your head, approximately three inches behind your Third Eye Point (which in case you've forgotten, is between the eyes, just slightly above the eyebrows). This mirror is set to reflect anything that hits it down to your testicles or ovaries. You will visualize the golden-robed boy in your left eye and the silver-robed girl in your right eye. You use inner eyesight to reflect the boy and girl down to your testicles if you are a man and left and right ovaries if you are a woman.

Women



Picture the boy and girl facing toward your spine. Each is standing on a Water Wheel. To get the Water Wheels to start moving, you must get the boy and girl to start walking. As they walk toward your back, the Water Wheels turn in the opposite direction, downward toward the front of your body and then rise up the back side. Imagine that the Water Wheels center directly on your testicles or ovaries.

Men

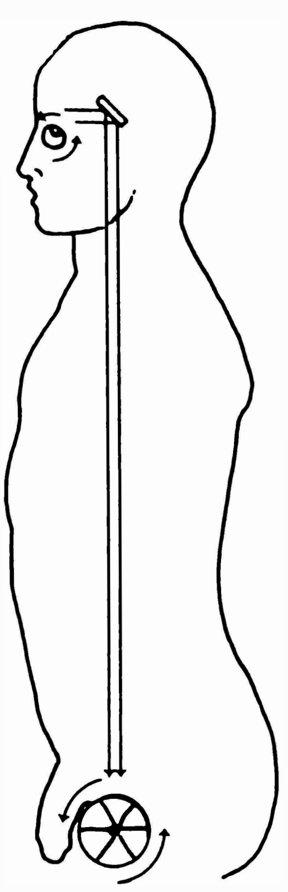


This is a more advanced version of Testicle and Ovarian Breathing. If you have trouble with the visualizing, do the best you can. As an alternative to visualizing the boy and girl, you can simply visualize the Sun smiling in each eye and reflecting down to your testicles/ovaries. This simplified version works extremely well. Visualizing is just an aid to help you. The most important part is to feel the Water Wheels (or something) revolving along with your eyes.

This is also a Sexual Rejuvenation exercise. The golden-robed boy and silver-robed girl symbolize pure, youthful, rejuvenating Sexual Energy (Jing Chi). It is a sexual balancing formula as well. You are balancing your Yin (female) and Yang (male) Energy. Everybody has Yin and Yang Energy. Balancing and harmonizing that Energy marks the beginning of Internal Alchemy.

Initially you should do this exercise either sitting or standing. You can use either Reverse or Abdominal Breathing as you do this exercise.

1. Visualize a golden-robed boy in your left eye (or a smiling Sun).
2. Visualize a silver-robed girl in your right eye (or a smiling Sun).
3. Imagine or visualize that there is a mirror approximately three inches behind your Third Eye Point. This mirror is angled steeply downward toward your testicles or ovaries.



Steps 3 - 10

4. Turn your eyesight around and reflect the golden-robed boy and silver-robed girl (or the smiling golden sunshine) inside your head and back onto the mirror, where they are further reflected down to your testicles or ovaries.
5. *Men:* Imagine that the golden-robed boy is standing on top of your left testicle and the silver-robed girl is standing on the right testicle (or simply see smiling golden sunshine).

   Women: Imagine that the golden-robed boy is standing on top of your left ovary and the silver-robed girl is standing on the right ovary (or simply see smiling golden sunshine).
6. *Men:* Imagine or visualize that your left and right testicles have turned into Water Wheels.

   Women: Imagine or visualize that your left and right ovaries have turned into Water Wheels.
7. Circulate Energy around your eyes. Try to feel or imagine that you are rolling your eyes. Begin by rolling them forward and down. Pull in slightly on your eyes and pull up slightly on your testicles or ovaries and it will feel as if you can turn them down and around, like a rolling ball, 360 degrees.
8. Visualize the feet of the golden-robed boy and silver-robed girl begin to start walking on the Water Wheels. Their feet walk toward your spine. (Alternatively visualize just a pair of feet walking toward your spine in the midst of the golden sunshine.)
9. Visualize the Water Wheels begin to turn toward the front of your body in the opposite direction that the boy and girl are walking. Their movement is downward on the front of your body and upward on the back side.
10. Become aware that the Water Wheels (your testicles/ovaries) feel as if they are rolling together with your eyes. As you roll your eyes, your testicles or ovaries seem to turn with them.
11. Do this for at least a minute or two.

The better you get at this exercise, the less important the visualizing becomes. When you really get the hang of it, it might feel as if your eyes have actually descended all the way down to your testicles or ovaries. Please work on this formula. Success here will improve your entire practice of Taoist Yoga.

You can try rolling your eyes and your testicles/ovaries while engaged in sexual intercourse. If you can relax enough to do it, you might encounter an erotic sensation that seems to flow all the way up your torso. This is called a Whole Body Orgasm. You'll know it when you feel it. With practice you could get very good at it. It is a step beyond the ordinary orgasm which is generally only experienced in the genitals.

We will return to—and build upon—this formula next week.

Fusion of the Five Elements: Part 1

Spirit Mind

Fusion of the Five Elements marks the beginning of the Third Treasure exercises that Taoists refer to as Internal Alchemy. It is composed of a series of formulas that I will be teaching you weekly for the remainder of this book.

Initially the practice is concerned with collecting Energy in the form of the Five Elements within the body. The Five Elements are drawn into their Collection Points and then mixed together in an Energy Collector in the Lower Tan Tien, which we will now often be referring to as the Cauldron.

This week you will learn how to construct the Energy Collectors within your body. There are two forms of Energy Collector. One is known as the Pa Kua and is the traditional symbol used by Taoists to collect Energy in the Fusion practices. It is an eight sided figure drawn in three layers with the Tai Chi (Yin-Yang) symbol in the center. It should be a familiar symbol to most of you. Basically it combines the eight trigrams of the *I Ching* into an Energy web around the Tai Chi symbol in the center. Some of you may find the symbol too complex to visualize, so I will also offer you a much simpler symbol composed of two interlocking triangles that form a six pointed star. It is visualized inside of a circle. This symbol should also be familiar to most of you, but from a different tradition. It is here drawn from an authentic Taoist source. We will refer to it as the Star in the Circle (or simply the Star).

Whichever symbol you use, the Pa Kua or the Star in the Circle, they both serve the same purpose, which is to collect, condense, refine, transform and store Energy from the body's organs, glands, and senses. We must build two Pa Kuas or Stars in the Circle inside our body in this first formula of the Fusion process.

Both the Pa Kua and the Star in the Circle are to be visualized as approximately three inches in diameter. As mentioned, you will build one at each of the following locations: 1) Front—Behind the navel just inside the body. 2) Back—Opposite the navel at the Ming Men (Door of Life) just in front of the spine (inside the body).

Energy from the Front and Back Pa Kua (or Star) is then spiraled into the central cauldron to form a Pearl. This Pearl is a highly condensed ball of Life Force Energy (Chi). Taoists also call it the Inner Pill.

A little bit of theory here might help to understand what we are doing. Tan Tien translates as Elixir or Medicine Field. The Lower Tan Tien is the body's principal Medicine Field. When you warm this area with rapid Bellows Breathing, this is called Warming the Stove. Warming the Stove activates the Medicine Field. This is the first basic step in the process of Internal Alchemy.

The next step in the process is to prepare the medicine within the field. This is what the Pearl is. It is the medicine that is prepared in the Medicine Field. That is why it is also called the Inner Pill, because it is medicine you create yourself, inside of you. We will continue to strengthen and build up this Pearl throughout the remainder of this book. There is no explanation in Western Medicine for what I am describing here. The process is essentially one of creating healing medicine within your own body. I can only offer Western readers an educated guess at what I think is happening.

You might be surprised to know that the human body actually contains two nervous systems: the Central Nervous System that you are familiar with, and the Enteric Nervous System, which is often referred to as "the Gut Brain." Both evolve from a common source early in the development of the human embryo. A clump of tissue known as the neural crest splits in two. One piece develops into the Central Nervous System while the other migrates inside the fetus to become the Enteric Nervous System. Only later do the two nervous systems become connected via the Vagus Nerve. The Vagus Nerve is also connected to all the major organs.

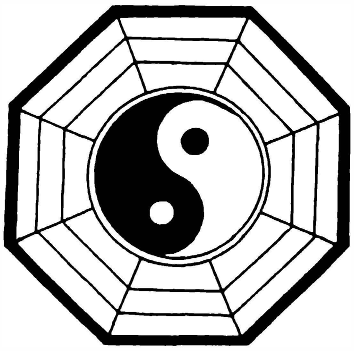
The Enteric Nervous System—the Gut Brain—is located in sheaths of tissue lining the esophagus, stomach, small and large intestines and colon. It is known that the Central Nervous System can affect the Gut Brain. The most obvious example is getting an upset stomach when you are worried. The Gut Brain can also affect the central nervous system (brain), usually this takes the form of negative messages of pain or discomfort.

While we all know that we can educate the brain in our head (which composes most of the Central Nervous System), no one tries to or expects that we can educate the Gut Brain. However, this is exactly what the Taoists were doing. It is my belief that the Taoists long ago were able to "educate" the

Enteric Nervous System, the Gut Brain, so that it developed a Medicine Field, which would otherwise have remained dormant. The Pearl or Inner Pill is the first form of medicine formed in the Medicine Field, which we will now refer to as the Cauldron, the place where the medicine is prepared. In more advanced levels of Internal Alchemy another type of Elixir is prepared in the form of a healing Steaming Agent.

Our body has a Medicine Field that can create healing elixirs that can help us to live longer and healthier lives. This was part of the great secret of the Golden Flower. This will become better known to Western Medicine as we pass into the Twenty-first Century. Among the Taoists, it has been part of their science for thousands of years.

Before you can do this week's practice, I will have to teach you how to mentally create the Pa Kua, as well as the Star in the Circle. For the Pa Kua, we learn to form the Pa Kua by drawing it with the mind. It consists of three layers of eight lines each, with the Tai Chi symbol at the center. You begin at the outer layer. It doesn't really matter if you begin at the top, bottom or side or which direction you draw it in. Personally I like to start on the left side and that's how I'll teach it. But understand that this is for learning purposes only. If you find a way to build it that works better for you, do it. Some of you, no doubt, will be able to visualize the entire Pa Kua instantly. If you can do this great.

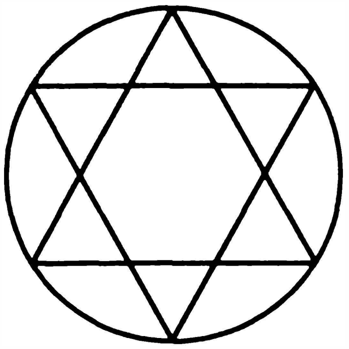


Pa Kua

Begin on the left side. Remember, the whole Pa Kua is only three inches wide. Draw a vertical line, about one inch long, to the left of the navel. Connect that line with an inch long 45-degree line to the top. At the top draw a straight one inch line across. Then a one inch line 45 degrees downward on the right. Then a one inch line straight down. Another one inch line 45 degrees down to the bottom. Draw a one inch line across the bottom. Then the eighth line is an inch long and 45 degrees upwards. This creates the first layer of the web. It should be no more than three inches wide. Just inside the outer layer, form a second layer just as you did in the above paragraph. Next, inside of that, form a third layer.

Next step, at each intersection of the angles of the three layers, draw a straight line inward so that there are eight lines inward, cutting the Pa Kua into eight sections and in the center visualize the Tai Chi symbol. This is an Energy net. A Taoist Energy Collector.

I first learned of the Taoist association with the Star in the Circle from *Taoist Yoga—The Chinese Art of Kai Men* by Chee Soo (Aquarian Press, 1983). In it he says that this is the only symbol a modern Taoist would wear. It is composed of two interlocking triangles "which represent the Yin and Yang of all phenomena in the universe (the circle). The six points symbolize the five elements and spiritual or macrocosmic Energy. It also shows the direction of this flow from heaven and earth, and from earth back to heaven." The circle represents the Tao. "So the complete symbol stands for everything within and outside of the cosmos—heaven and earth, the whole of nature and humanity, and all phenomena, known and unknown. All are one."

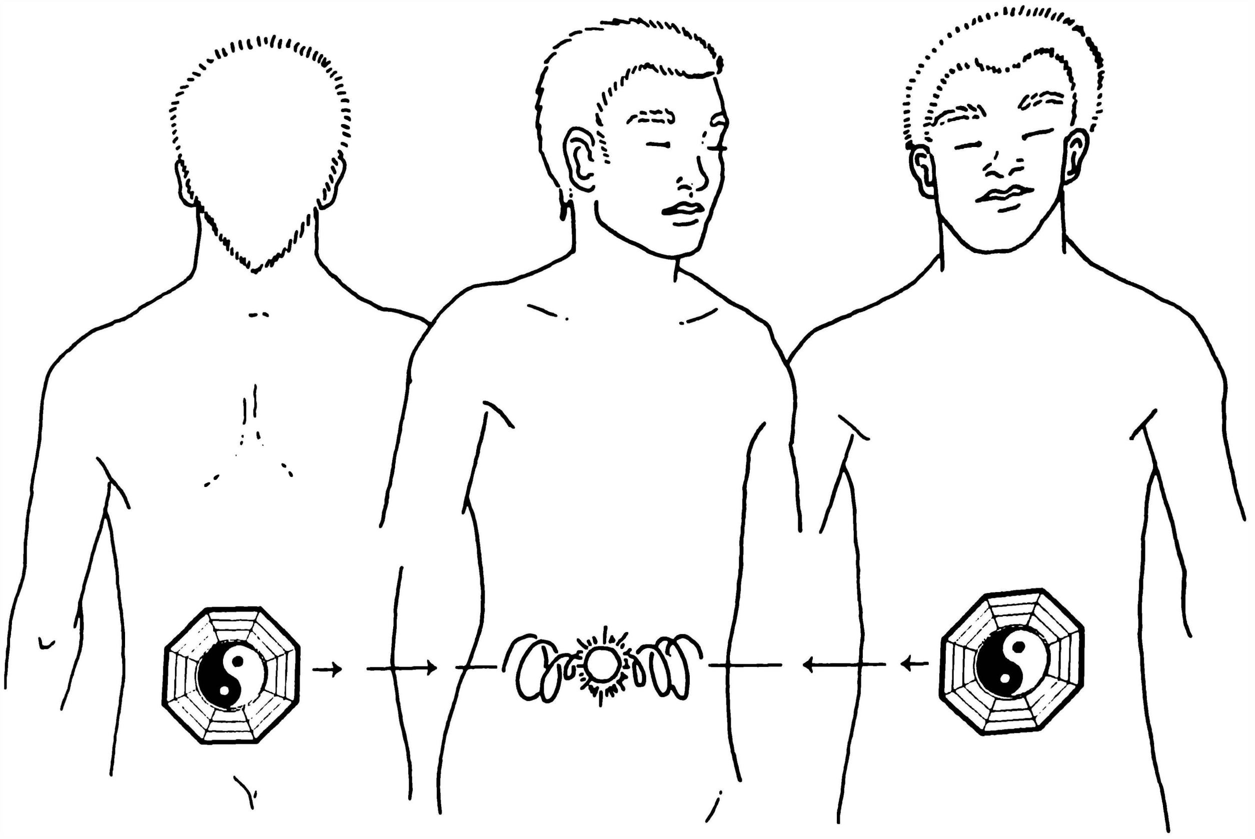


Star in the Circle

I find this symbol to be extremely effective for the Fusion practices and it is much simpler to visualize and hold this image than the Pa Kua. Just picture an upward pointing equilateral triangle (all three sides of equal length) around your navel. Next picture a downward pointing equilateral triangle intersecting the first triangle. This forms a six-pointed star. Draw a circle around the Star (clockwise or counter-clockwise whichever way feels more comfortable or natural to you). The diameter of the circle is approximately three inches wide. That's it.

The first Fusion formula can be practiced standing or sitting.

1. Begin by seeing your body surrounded in turn by each of the five colors of the Elements. Start with red. Then yellow, white, blue and green. Do it rapidly, imagine a light or mist for each of the colors surround you and then fade into the next color.
2. Smile into your eyes. (If you know it, you can do the entire Inner Smile practice including front, middle and back line.)
3. Form the Front Pa Kua or Star in the Circle just behind your navel.
4. Feel or imagine the Tai Chi Symbol in the center of the Pa Kua, or the Star, begins to spin (the direction doesn't matter).
5. Form the Back Pa Kua or Star in the Circle at the Ming Men Point on your back, opposite the navel.
6. Feel or imagine the Tai Chi Symbol in the center of the Back Pa Kua, or the Star begin to spin (the direction doesn't matter).
7. Divide your concentration and feel or imagine that you are spiraling the Tai Chi symbol (or Star) in both the front and back Pa Kua (or



Step 7

Stars in the Circle). A spiral of Energy, like a funnel, forms front and back and is drawn into the Cauldron (the Lower Tan Tien which is somewhat closer to the back of your body than the front.)

8. Concentrate more on the Cauldron to help draw in the Energy.
9. Form a Pearl in the Cauldron. See, feel, or sense it condense and glow. It could be golden or some variation of white or silver.
10. Guide the Pearl into the Microcosmic Orbit. Do a few rounds. Try rolling your eyes, like you learned in this week's Sexual Kung Fu exercise, to help guide the Pearl.
11. Return the Pearl to the Cauldron and Collect the Energy around the navel.

Four-Square Breathing: Part 2

Breathing into the Hips

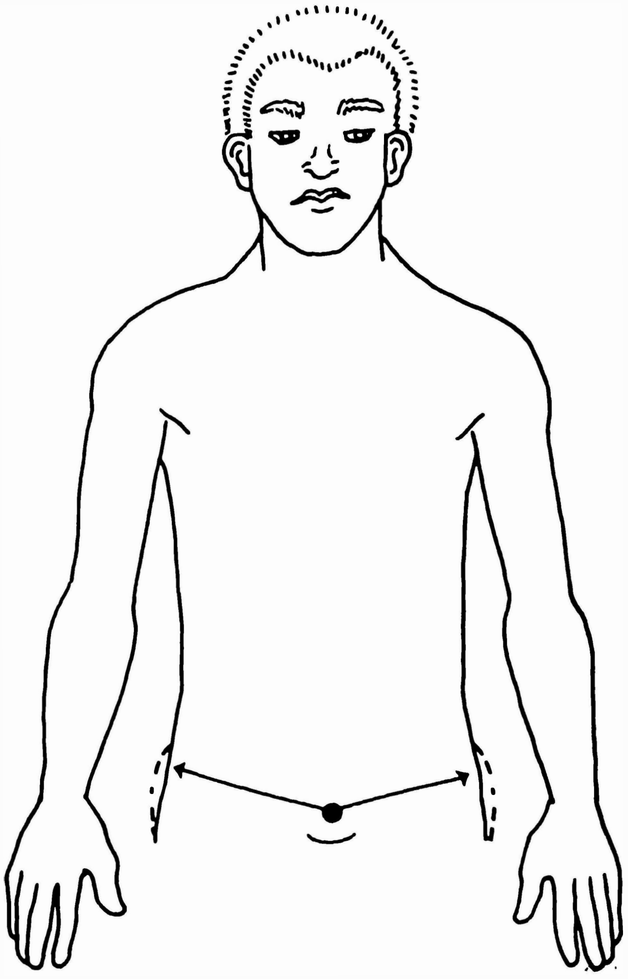
Breath

Breathing into the Hips is the second form of Four-Square Breathing. We'll now pack Energy (Chi) into our Sexual (Sperm/Ovarian) Palace, sacrum, and the hips.

If you had any success with last week's Breathing into the Waist, this week's exercise should be easy. In order to learn it, you will do Breathing into the Waist first, to start the exercise. But instead of exhaling after you push out on both sides of the waist, you will take another small sip of air and direct Perineum Power to your Sperm/Ovarian Palace, just above your genitals and push out there. You will then pull in on the Sperm/Ovarian Palace and direct Perineum Power to your sacrum. Next you will take another small sip of air and redirect Perineum Power to your left hip, then do the same to your right hip. Finally a last small sip of air and direct the Perineum Power to both hips. You should feel some movement of your hips expanding out toward your sides. You then hold the pull on the hips and sacrum as you exhale.

If you spend a lot of time sitting, your hips very often become among the weakest parts of your body. Yet the hips are extremely important for mobility and maintaining our balance and structure. The hips also play a crucial role in the Rooting Practice. Breathing into the Hips lays the foundation for Part 3 of the Rooting Practice that I will teach you in next week practice. Please work on this exercise. What I will teach you next week is conceptually difficult unless you can feel some expansion of the hips. That is why I am waiting a week before I teach it to you.

1. Slowly inhale an Abdominal Breath and expand the lower abdomen.
2. Push out your navel and direct Perineum Power toward the navel.
3. Without exhaling, pull your navel toward your spine.
4. Take a small sip of air and direct Perineum Power toward the Ming Men point (opposite the navel) on the spine.
5. Take a small sip of air and direct Perineum Power toward the left side of your waist. Feel your left waist expand outward.
6. Take another small sip of air and direct Perineum Power toward the right side of your waist. Feel your right waist expand out toward your right side.
7. Take one more sip of air and simultaneously apply Perineum Power toward both the left and right waist and feel both sides of your waist expand out to the sides of your body.
8. Lower your point of concentration to your Sperm or Ovarian Palace, located just above your genitals.
9. Take a small sip of air and push out your Sperm/Ovarian Palace, while you simultaneously pull up your perineum and anus and direct Perineum Power toward the Sperm/Ovarian Palace.
10. Take another small sip of air and pull your Sperm/Ovarian Palace toward your sacrum. Redirect the Perineum Power toward your sacrum.
11. Take a small sip of air and push the left side of your anus (Perineum Power) toward your left hip.



Steps 11 – 13

12. Take another small sip of air and push the right side of your anus (Perineum Power) toward the right hip.
13. Take one more sip of air and simultaneously direct Perineum Power toward the left and right hips and try to sense or feel both of your hips expand slightly out to the sides of your body.
14. Exhale and hold the pull toward your sacrum and left and right hip.
15. Relax. Do at least two or three full breaths.

This again is a very powerful exercise. You might find it somewhat painful as you breathe into the hips. You are packing Energy (Chi) into a part of your body that is probably not used to it.

After the initial Abdominal Breath, just take tiny sips of air as you use Perineum Power as described above. Don't overfill your lungs. With a little practice you should get the hang of it. The most important thing here is to feel some sideways expansion of the hips.

Rooting Practice: Part 2

Ankles and Knees

Jing Body

Taoist Yoga aims to balance the Energy of Father Yang (Heavenly Energy) with Mother Yin (Earth Energy) inside of our body (Human Plane Energy). These three forms of Energy are collectively known as the Three Pure Ones. In Taoist cosmology, the Three Pure Ones, derived from the Two, Yin and Yang, which in turn were derived from the One, Tai Chi. The Tao is the unknowable source of all. The Three Pure Ones gave birth to all the myriad things (all of creation). The source of the Three Pure Ones goes back in time to shamanic practices in China that pre-date the Taoists. The shamanic universe always consisted of some form of three worlds: The Upper World, the Middle World, and the Lower World.

In the case of Taoist Yoga, the Upper World is Heavenly Energy-Father Yang-Father Heaven. The Middle World is Human Plane Energy (also called Cosmic Plane Energy—the Energy in between Heaven and Earth). This is the plane that we physically live in. The Lower World is Earth Energy-Mother Yin-Mother Earth. The Three Treasures of Taoist Yoga: Chi, Jing, and Shen (Breath, Body, and Mind), are derived from the Three Pure Ones. Father Yang gave birth to Shen. Mother Earth gave birth to Jing. Human Plane Energy brought forth Chi.

You'll now get a glimpse into the distant past so that you can get a sense of how far back in time the roots of Internal Alchemy really go. There is unquestionably an underlying shamanic structure to all of Taoist Yoga. I was taught that the practices that came to be known as Taoist Yoga were six thousand years old. I have no proof of this, but the shamanic structure is at least circumstantial evidence of extreme age. The system itself is extraordinarily advanced and developed over millennia. Consider what you've learned so far and realize that you are just beginning Internal Alchemy. If you are interested, you can find some descriptions of Intermediate and Advanced Internal Alchemy in my first book, *The Tao & the Tree of Life* (Llewellyn Publications, 1995).

Those who are seekers of spiritual experience (Heavenly Energy) often want to proceed to the highest levels of Internal Alchemy as quickly as possible. However, real spiritual progress in the Tao requires that the Energy of Mother Earth must also be tapped into to balance the Energy of Father Heaven. This is what rooting is all about. Rooting provides the means to all of us living in the Human Plane (Middle World), to tap into and draw Energy from Mother Earth (Lower World), to balance the Heavenly Energy (Upper World), which includes the Energy of the Sun, Moon, planets, stars, galaxies and constellations as well as Spiritual Energy and guidance.

Last week you learned about the Nine Points of the Foot. The feet support the weight of your entire body. When you learn to keep these Nine Points in contact with the ground, you will find that the weight of the body centers over the middle of the foot, just behind the balls of the feet, at the point Taoists call the Bubbling Spring. Earth Energy can be drawn into or out of our body through the Bubbling Spring Point in each foot. When this point is open, if you direct your concentration (Yi Mind) there, you can experience them breathing. It feels as if they are sucking Energy right out of the ground. This is nourishing Earth Energy which will have a beneficial effect on all your organs and glands. You will feel a real connection with the ground beneath you. Earth Energy strengthens all the elements in the body.

The next step in rooting involves using the ankles and knees to screw into the Earth. The movement itself is rather simple but as is often the case with Taoist practices, there is more happening than meets the eye. Basically what you will do is establish the Nine Points on each foot and then gently twist the ankles of both feet slightly outward as you press the Nine Points into the ground. You will then gently twist both knees outward toward the sides of your body as you continue to press the Nine Points into the ground. Rooting is essentially a two step process—first you Root into the Earth, and second you draw Energy up from the Earth. This week we are working on step 1. Beginning at the ankles, the idea is to root your feet (transfer your weight) into the ground.

When you slightly turn out your ankles as you press the Nine Points into the ground, imagine or visualize your feet turning into giant screws that are literally screwing into the ground. When you press down and turn out the ankles, the Energy moves from the outer side of each foot, back toward the heel and then it turns upward toward the toes, on the inside of each foot, as it screws down into the ground. The movement of the Screwing Energy of the right foot is clockwise while the left foot Screwing Energy is counterclockwise.

Turning out the knees will increase the outward twist on your ankles. To do this properly, you turn out your knees, toward the sides of your body, until they lock in place. Do it gently. You don't want to hurt your knees. The outward turning of the knees also opens up the groin area (Qua). The muscles here can often be tight, stiff or painful. There might also be some muscular imbalance between the left and right sides. Practicing these rooting exercises will help to relieve these conditions.

When all this is done properly, your legs might look as if you are sitting on a horse. The Horse Stance is one of the most basic of all Chi Kung forms. Rooting is one of the great secrets of Chi Kung and Tai Chi Chuan. It is a most non-Western concept, and it really is not easy to explain. Although, if you follow the instructions, it is easy to do, as long as you practice regularly. As you turn out your ankles and knees, slightly sink at the knee and press down on the Nine Points. Visualize your feet really screwing into the Earth. You will feel the connection between your knees, your ankles and the soles of your feet.

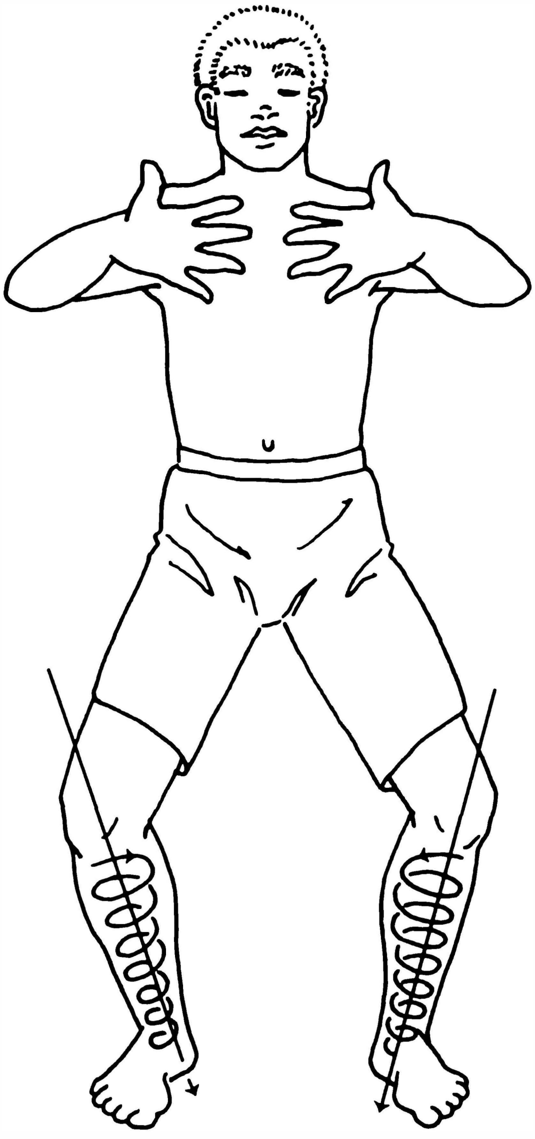
Turning out your ankles and knees causes the tendons to wrap around the bones of the calf and thigh. As you turn out and press down, it is your tendons that support your bone structure. Up till now I have been teaching you to tighten the muscles on the back of the thighs to help support your standing form. Rooting releases tension on the leg muscles, which can be relaxed as you use the tendons to support your structure. This is one of the anomalies of Rooting Practice. The better you get at it, the more you can relax your muscles as you do it. But this takes practice.

1. Assume any Standing Double-Weighted form. Your feet should be parallel or slightly turned in, shoulder width apart.
2. Establish the Nine Points on both feet, either one foot at a time or simultaneously.
3. Turn both ankles slightly outward. Do it gently. There is not actually a lot of movement in the ankles.
4. Push down on the soles of both feet and visualize or imagine that your feet are screwing into the ground. The movement of the Screwing

Energy is clockwise for the right foot and counterclockwise for the left.

5. Turn out both knees until they lock in place. Do not use too much force. This will cause your ankles to turn out a little more as well. It will also open your groin area (Qua).
6. Sink down into your knees a little, tucking in your sacrum, and keeping your spine erect. Don't allow your kneecaps to extend past the tips of your toes.
7. Feel or imagine the tendons in your legs wrapping around your legs in the same direction as the Screwing Energy. Right leg clockwise and left leg counterclockwise.
8. Press down into the ground. Feel, visualize or imagine that Energy from your feet is screwing down into the ground, right foot clockwise and left foot counterclockwise.
9. Relax your muscles as much as you can as you stand, and let your tendons support your structure.
10. Feel your knees and ankles working together to push the soles of your feet into the ground.
11. Practice while holding a standing stance for at least a few minutes every day.
12. *Optional:* Try breathing in and out of the Bubbling Spring Point, in the Center of the foot just behind the balls of the feet. Use Reverse Breathing, inhale into the feet, and exhale out.

Step 8



Next week I will give you the final detail of Rooting Practice. It has long been a secret technique. Please practice this week. Without building a foundation in the basics of rooting, you might have great difficulty with this final piece of information. Much of what you are learning is derived from oral teachings that were rarely or never fully put down in writing.

Sexual Kung Fu

Turning the Yin-Yang Water Wheel: Part 2

The ancient Taoist texts used beautiful, poetic terms to describe the sexual aspects of Internal Alchemy. North Sea Water is one term used to refer to our Sexual Energy. Normally this North Sea Water flows downward and out of our body. To change the direction of this flow and cause the North Sea Water to flow in reverse, upstream, is a basic aim of Sexual Kung Fu.

North Sea Water, the source of Sexual Energy, is also the source of sexual desire. When our sexual desires are aroused it is like a Sea of Ten Thousand Fathoms. Unlike other Energies in our body, Sexual Energy expands when aroused, especially as you approach and arrive at orgasm. How can you measure the amount of expansion of Sexual Energy from an unaroused state to arousal and orgasm? You cannot. Hence its poetic description as a Sea of Ten Thousand Fathoms.

Internal Alchemy seeks to transform the Energy of sexual desire and Orgasmic Energy into healing, spiritual Energy. The Yin-Yang Water Wheel is used to pump the North Sea Water (Sexual Energy), so that it rises and flows upward. As we advance in Internal Alchemy, we continue to turn the Water Wheels until we reach the bottom of the North Sea, transforming all the Energy of sexual desire into Spiritual Energy, or Shen.

This week you will build upon the techniques you learned last week using the golden-robed boy and silver-robed girl (or smiling Sun) to turn the Water Wheels and pump Sexual Energy up to the Cauldron (Lower Tan Tien).

Sexual Energy can be thought of as food that is cooked in the Cauldron to help establish the Pearl that you began working with in last week's Third Treasure Fusion of the Five Elements exercise.

We are really entering the realm of Internal Alchemy now. Second Treasure Sexual Energy will help to power Third Treasure transformations. There is nothing else like this anywhere else in the annals of human sexual knowledge. It is here that the brilliance of the ancient Tao Masters becomes most evident. I hope that I am making the teachings clear and that you are able to understand what I am writing. The Taoists took the knowledge of human sexuality far beyond what is even thought of as human sexuality in the West. And I assure you that this is just the beginning.

Taoist Sexual Kung Fu lifts our notions of sexuality to a higher level. Sexual Energy (Jing Chi) is the most powerful Energy in our body for most of our life. The Taoists discovered that aside from its functions of reproduction and pleasure, Sexual Energy also had healing and spiritual functions.

It seems to me that compared to the Taoists, Westerners are often like children when it comes to understanding the full import of human sexuality. We are titillated by sex, we are scandalized by it. Sometimes we point our finger at it and laugh at sex. It "grosses us out." It "turns us on." We love it. We hate it. It frustrates us. It soothes us. It frightens many of us. Some consider it sinful. Some see it as evil. It has certainly led to bloodshed and havoc down through the ages. There are countries on our planet where the mere mention of things sexual is forbidden. There are other countries where they talk and write about it far too much.

As you come to understand the Taoist viewpoint on sex, you should slowly come to understand how silly we can be about the whole subject. Human sexuality can be experienced as beautiful and spiritually uplifting. There is an awful lot about sex that is still unknown in the West. It's time you found out. It is a New Age you know!

To return to this week's exercise, you will turn the Water Wheels and guide the Sexual Energy from the testicles or ovaries to the perineum, into the sacral hiatus and up the sacrum to the Ming Men point on the spine opposite the navel. From the Ming Men point you will pour the Sexual Energy into the Cauldron and lower your concentration back down to the Water Wheels. You are creating a mini-orbit here; from the sexual organs to the Cauldron at the Lower Tan Tien and back down again.

The Cauldron is the place where you learned to funnel the Energy from the front and back Pa Kua (or Star in the Circle) in last week's Fusion of the Five Elements: Part 1. It is not overly important whether you just feel something there or can actually visualize a Cauldron. You can picture the Cauldron as a three legged pot (the Taoists called it the Ting). Don't worry about the color of the Cauldron. But if you must, black or golden are appropriate. If you can't visualize it, try to imagine or feel it at the location of the Lower Tan Tien—an inch or so below the navel and somewhat closer to the spine than the front of the body.

To begin the exercise, we repeat the first 10 steps of last week's Turning the Yin-Yang Water Wheels. The new material starts at Step 11.

1. Visualize a golden-robed boy (or smiling Sun) in your left eye.
2. Visualize a silver-robed girl (or smiling Sun) in your right eye.
3. Imagine or visualize that there is a mirror approximately three inches behind your Third Eye Point. This mirror is angled steeply downward toward your testicles or ovaries.

4. Turn your eyesight around and reflect the golden-robed boy and silver-robed girl (or Smiling Sun) inside your head and back onto the mirror, where they are further reflected down to your testicles or ovaries.

5. *Men:* Imagine that the golden-robed boy is standing on top of your left testicle and the silver-robed girl is standing on the right testicle. (Alternatively just surround the testicles with smiling golden sunshine).

   Women: Imagine that the golden-robed boy is standing on top of your left ovary and the silver-robed girl is standing on the right ovary. (Alternatively surround both ovaries with smiling golden sunshine).

6. *Men:* Imagine or visualize that your left and right testicles have turned into water wheels.

   Women: Imagine or visualize that your left and right ovaries have turned into water wheels.

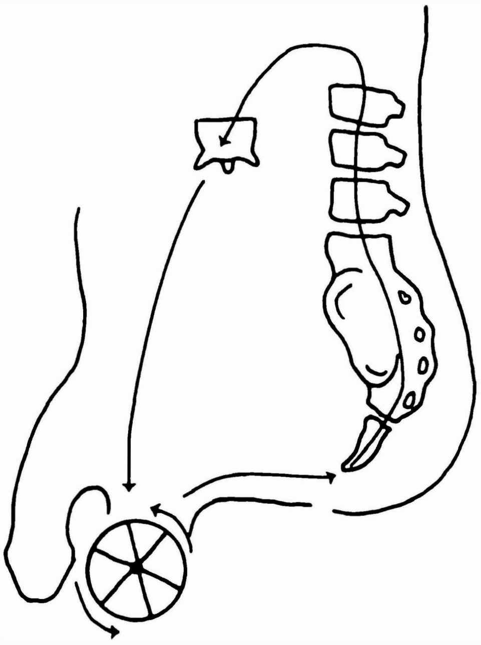
7. Try to feel or imagine that you are rolling your eyes. Begin by rolling them forward and down. Pull in slightly on your eyes and pull up slightly on your testicles or ovaries and it will feel as if you can turn them around and up, like a rolling ball, 360 degrees.

8. Visualize the feet of the golden-robed boy and silver-robed girl begin to start walking on the Water Wheels. Their feet walk toward your spine. (Alternatively simply visualize a pair of feet, in the midst of the sunshine, walking on the Water Wheels toward your spine.)

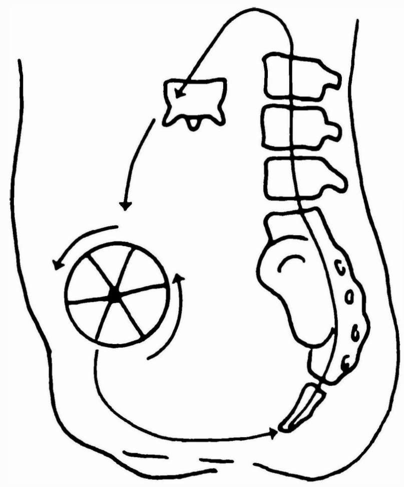
9. Visualize the Water Wheels begin to turn toward the front of your body in the opposite direction that the feet are walking.

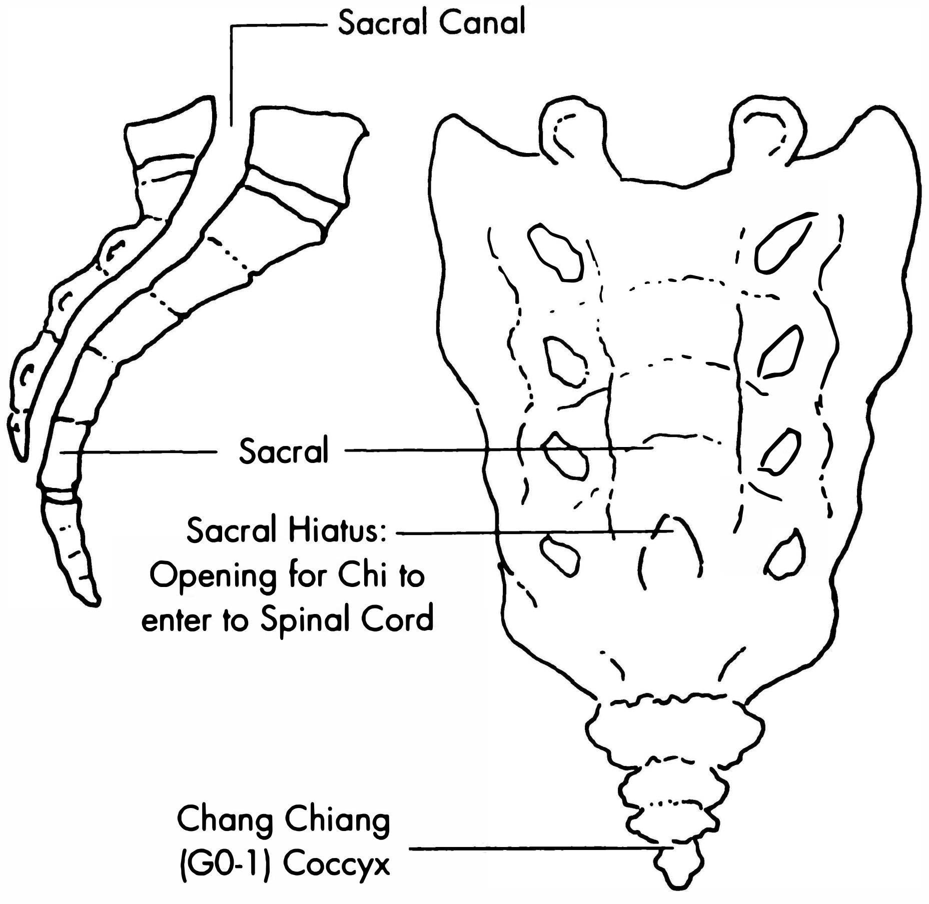
10. Become aware that the Water Wheels (your testicles/ovaries) feel as if they are rolling together with your eyes. As you roll your eyes, your testicles or ovaries seem to turn with them.

Men



Women




Sacral Canal
Sacral
Sacral Hiatus: Opening for Chi to enter to Spinal Cord
Chang Chiang (G0-1) Coccyx

11. Use your inner eyesight and roll your eyes to guide the Sexual Energy from the Water Wheels at your testicles or ovaries, to your perineum.

12. Inhale and guide the Sexual Energy up from the perineum to the Sacral Hiatus, the small opening at the bottom of the sacrum about an inch up from the tip of the coccyx (or tailbone—see figure above).

13. Continue guiding it up through your sacrum to the Ming Men Point opposite the navel.

14. Exhale and pour the Sexual Energy into the Cauldron. As you do this your physical eyes should be just past the top of the "roll," beginning to turn downward. Feel the Cauldron closer to the back, than the front of your torso. If you can, you can visualize a three legged cauldron, into which you are pouring the Sexual Energy.

15. Leave the Sexual Energy in the Cauldron (or imagine that you do and continue to roll your inner eyesight back down the front of your body (Functional Channel) to the Water Wheels at your testicles or ovaries.

16. Pick up more Sexual Energy and repeat steps 11 through 15.
17. Do at least six rounds. You can do many more if you like.

You are creating a small orbit of Sexual Energy between the Cauldron below your navel and your testicles/ovaries. "Roll" your eyes to help the Sexual Energy circulate. *The Secret of the Golden Flower* says that the light of Heaven cannot be seen, it is contained in the two eyes.

Fusion of the Five Elements: Part 2

This week we will build upon last week's lesson and add two more Pa Kuas, or Stars in the Circle, on the left and right side of the Cauldron. The Fusion exercises will continue to build upon themselves week after week, for the remainder of this book. We will proceed slowly so that the lessons don't become overly complex and confusing.

Last week you learned how to build the Front and Back Pa Kua or Stars in the Circle. I gave you the choice of which symbol to use, the Pa Kua being the traditional symbol used in Fusion exercises and the Star in the Circle being a simpler image to visualize, but still highly effective. Both function as Energy Collectors.

You will build four of each. You already know the location of the first two: 1. Front—behind the navel just inside the body; 2. Back—opposite the navel at the Ming Men (Door of Life) just in front of the spine. The new Pa Kuas or Stars in the Circle are located at: 3. Left Side—to the left of the navel, facing toward the left side (at a 90-degree angle to the navel); 4. Right Side—to the right of the navel, facing toward the right side (at a 90-degree angle to the navel).

You will again spiral Energy from the Front and Back Pa Kua (or Star)into the Cauldron and then form the Left and Right Pa Kua (Star) and spiral Energy from them into the Cauldron as well. The spiraled Energy is condensed into a Pearl which you will then circulate in the Microcosmic Orbit.

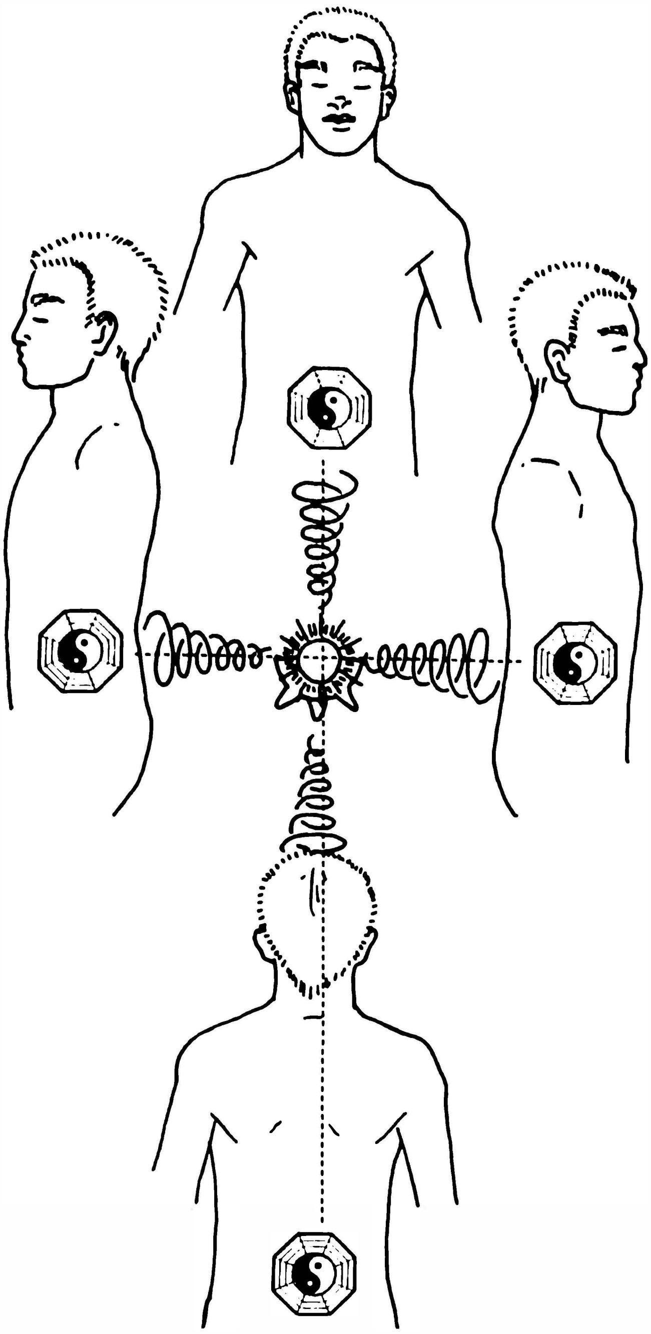
When you spiral the Energy from the Tai Chi symbol in the center of the Pa Kua or from the Star (you might find it more effective to spiral from the center of the Star), it doesn't really matter which direction you spiral as long as you direct it into the Cauldron. Try to actually feel the spiraling Energy. As you get better at doing this, you can change the direction of the spiral or even have the front and back or left and right spirals going in different directions (one clockwise the other counterclockwise). Initially, use the same direction for the spiraling.

The addition of the Left and Right Pa Kua, or Stars in the Circle, should increase the flow of Energy into the Cauldron and make it easier to form the Pearl. It is really not crucial that you visualize the Cauldron for this exercise. For some of you it might be a real distraction. What is most important is to feel or sense the Energy spiraling into the Lower Tan Tien and condense into a Pearl of Energy.

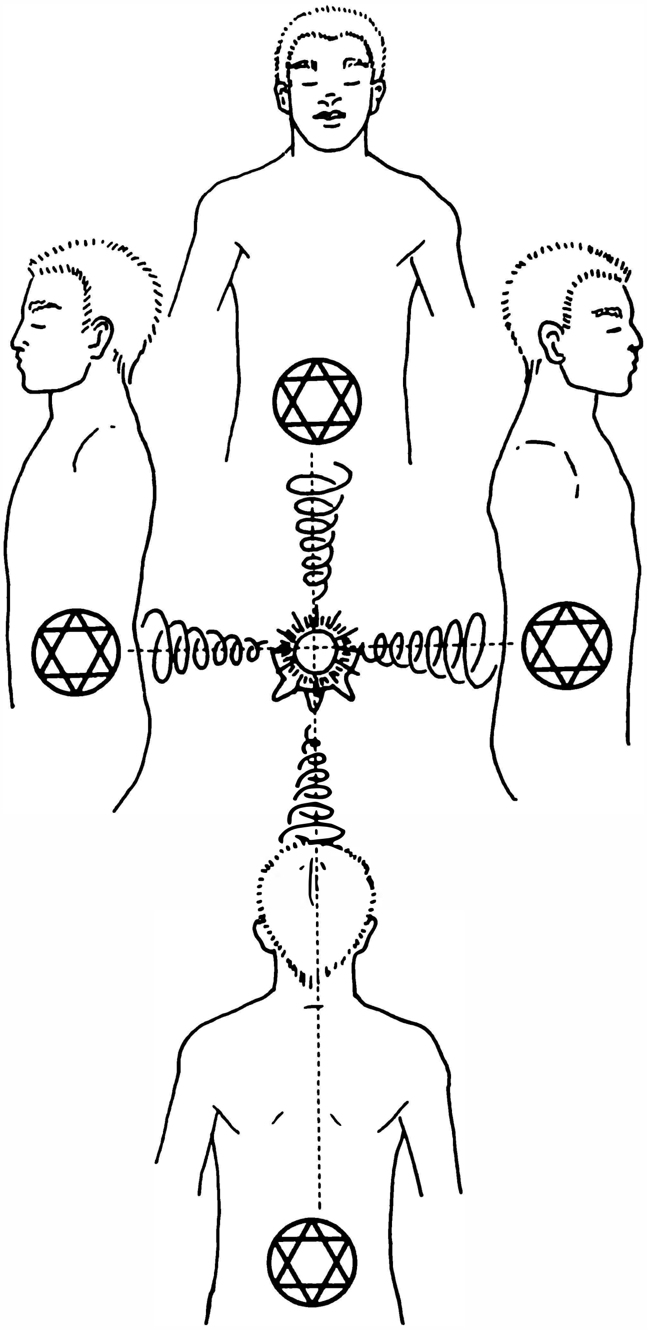
Fusion works best when practiced in the morning. When done late at night, it might keep you awake. It doesn't work at all if you don't practice. You will probably find that some days it will be easier to do and more effective than others. This is to be expected. Don't expect miracles. The changes take place over time and are often quite subtle before you notice significant results.

The second Fusion formula can be practiced standing or sitting.

1. Begin by seeing your body surrounded in turn by each of the five colors of the Elements. Start with red. Then yellow, white, blue (or black) and green. Do it rapidly, imagine a light or mist for each of the colors surround you and then fade into the next color.
2. Smile into your eyes. (You can do the entire Inner Smile practice including front, middle and back line.)
3. Form the Front Pa Kua or Star in the Circle just behind your navel.
4. Feel or imagine the Tai Chi symbol in the center of the Pa Kua, or (the central part of) the Star, begin to spin (the direction doesn't matter).
5. Form the Back Pa Kua or Star at the Ming Men Point on your back, opposite the navel.
6. Feel or imagine the Tai Chi symbol in the center of the Back Pa Kua or (the central part of) the Star begin to spin (the direction doesn't matter).
7. Sense the area of the Cauldron at the Lower Tan Tien. (You can visualize a black or golden three-legged Cauldron between your Front and Back Pa Kua or Stars in the Circle.) It is somewhat closer to the back of your body than the front.
8. Divide your concentration and imagine that you are spiraling the Tai Chi symbol or (the central part of) the Star in both the Front and Back Pa Kua (or Stars in the Circle). A spiral of Energy, like a funnel, forms front and back and is drawn into the Cauldron.
9. Concentrate more on the Cauldron to help draw in the Energy. When you feel the Energy at the Cauldron, go to the next step.
10. Form the Pa Kua or Star in the Circle on the left side.



11. Feel or imagine the Tai Chi Symbol in the center of the Left Side Pa Kua, or (the center of) the Star, begin to spin (the direction doesn't matter).
12. Form the Pa Kua or Star in the Circle on the right side.
13. Feel or imagine the Tai Chi Symbol in the center of the Right Side Pa Kua, or (the center of) the Star, begin to spin (the direction again, doesn't matter).
14. Divide your concentration and imagine that you are spiraling the Tai Chi symbol (or Star) from both the Left and Right Pa Kua (or Stars). A spiral of Energy, like a funnel, forms left and right and is drawn into the Cauldron.
15. Condense the spiraling Energy to form a Pearl in the Cauldron. See, feel, or sense it condense and glow.



16. Guide the Pearl into the Microcosmic (or Macrocosmic, including the legs) Orbit. Do a few rounds. Roll your Eyes up and down, 360 degrees, to help guide the Pearl.
17. Return the Pearl to the Cauldron from the Ming Men Point and Collect the Energy.

week eight

Bone Marrow Breathing: Part 1

C Breath

We will now be moving on to some of the most magical and beneficial Taoist techniques I have ever learned. Bone Marrow Breathing takes the self-healing process into realms undreamed of in the West. Until recently, these were among the most secret of all the Taoist practices. You will learn them throughout the second half of this book.

The basic premise of Bone Marrow Breathing is to stimulate the growth of red bone marrow. Bone marrow produces both red and white blood cells. As we age, the amount of red bone marrow inside of our bones tends to decrease and be replaced by fat. This results in the reduced production of healthy blood cells and leaves the bones more fragile and easier to break. The practice of Bone Marrow Breathing stimulates the production of red bone marrow and helps eliminate the accumulated fat in the bones.

Our bones have two types of marrow: red marrow and yellow marrow. Both produce blood cells. However, the red marrow is much more efficient at producing blood cells, while the yellow marrow also produces and stores fat. Therefore, a higher proportion of red marrow in our bones is important to maintain a healthy level of blood production.

Red blood cells are produced in the long bones of our body, such as those in our arms and legs. White blood cells are produced in our flat bones such as the hip bones, scapula, and the bones of the skull.

The practice of Bone Marrow Breathing is a multi-level process. You begin by learning to draw Energy directly into the bones. You will eventually learn of the importance of Sexual Energy (Jing Chi) to regenerate the red blood marrow. Eventually the process evolves into Whole Body Breathing and squeezing Energy into the bones. This will all be covered in later chapters.

Bone Marrow Breathing is obviously a complex subject. We will go through it slowly and methodically, step by step. As we progress through the second half of this book, lessons will appear in both the First and Second Treasure exercises. Our bones are covered with microscopic pores that allow oxygen, blood and nutrients to pass into and out of them. In this sense, our bones are always breathing. Of course this all happens without any conscious intervention on our part.

You can consciously breathe into your bones, and make the Energy enter and exit them at will. There is nothing really difficult about Bone Marrow Breathing. It's just another one of those Taoist techniques that you never ever thought about doing before.

We will begin simply. In this first lesson you will learn to breathe into the tip of your index finger. The bones at the tip of the fingers are relatively sharp and pointed and easily absorb Energy. To help you to sense the tip of the index finger bone, press your thumbnail into the tip of your index finger. You might experience a sharp pain or simply feel the pointy tip of the bone.

You can do this practice either standing or sitting. Start with your right hand if you're right-handed, or your left hand if you're a lefty.

1. Raise your arms to the Embracing the Tree position.
2. Sense or imagine a cool sensation at the tip of either the left or right index finger. (This will actually help you attract warm external Energy.)
3. Inhale a Reverse Breath (you can do an Abdominal Breath if you wish), gently pulling up on your sexual organs and anus (Perineum Power) and slightly pull your hands apart.
4. Simultaneously mentally draw Energy right into the tip of your index finger. Don't allow the Energy to go past the first joint of the finger.
5. Exhale, relax the sexual organs and anus, and allow the hands to move slightly closer to each other. Feel the Energy exit through the tip of the index finger.
6. Repeat for thirty seconds or more, until you can definitely feel Energy entering and exiting the interior of the bone of the first joint of your index finger.

7. Breathe up to the second joint of your index finger for thirty seconds or more.
8. Breathe up to the knuckle of your index finger for thirty seconds or more.
9. Repeat steps 1 through 8 on the index finger of your other hand.
10. Repeat the exercise doing both index fingers simultaneously.

I want you to really feel the bones of your index fingers. The better you can focus in on this small part of your skeletal system, the better success you will have as you continue with the practice in future weeks. You might feel warmth or heat in the index fingers. This is the intended result. I'll talk more about this in later weeks.

Rooting Practice: Part 3

The Chi Belt

Jing Body

This week I will give you the final secret of Rooting Practice. In order for you to make it work, you will have to put together a number of previous lessons. It is going to take practice before you get it. Once you do though, you should notice a dramatic improvement in your ability to Root into the Earth and then draw Energy up from the Earth.

In Step 5 of Week One's Second Treasure Standing Chi Kung, Standing with Arms at Sides exercise, I told you to "turn both knees outward toward the sides of your body and then turn them back inward. This serves to round off the Qua (crotch) and also helps to root you into the ground." In this Week's Rooting Practice exercise I will explain this in further detail.

Last week I described how to turn out the knees (and ankles) to help you root. After doing this, the next step is to slightly turn back the knees toward each other, just an inch or so. This is accomplished in conjunction with Breathing into the Hips that I taught you in last week's First Treasure exercise. If you follow the steps, you should have no difficulty doing it. However, this exercise takes practice. Some of you might experience real aches and pains in your hips as the area is flooded with Chi. This will be especially true if you spend a good deal of time sitting.

To do the exercise properly, you first establish the Nine Points of the Feet and then turn out you ankles and knees as you push your feet down into the ground. Next you do a complete Hip Breath, which begins with the Waist

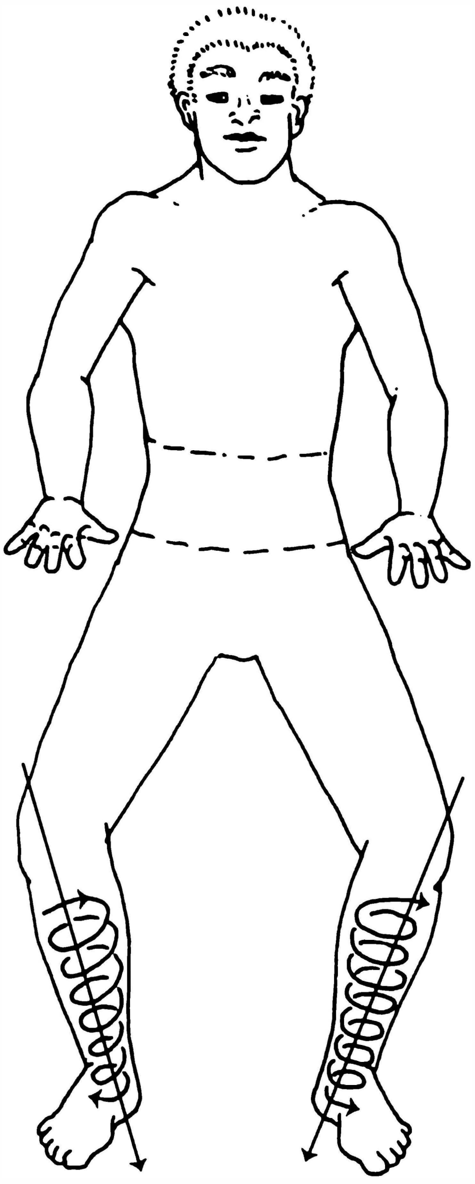
Breath and then adds the hips. As you feel the hips expand out toward the sides of your body, it is then that you slightly turn your legs back inward. The tricky part is that you continue the outward turn of the knees, so that it is as if you are turning your legs outward and inward simultaneously, as you also screw your feet into the ground. This is not as confusing as it sounds.

The inward turning of the legs is initiated from the hips. In other words you use the expansion of your hips to turn your legs inward. This will cause your knees to move slightly closer together and to really open the crotch area (Qua). At first it might be difficult for you to make the connection between your hips and legs. Practice will overcome any feeling of disconnection between your body and your legs. When you get it, it will feel as if you are screwing your feet right into the ground.

Adding Hip Breathing to Rooting Practice, creates a Chi Belt, joining the navel, waist, Ming Men, Sperm/Ovarian Palace, sacrum and hips together to feel like a large belt wrapped around the lower portion of your torso. The Chi Belt should help you to really root into the ground. Once you get it, you will find that it is much easier to use your tendons and bones rather than your muscles to maintain your structure. The Chi Belt also acts to link the lower half of your torso with the upper half. The increased internal pressure created by the Hip Breath fills in the joints and weak spaces in your structure just like pumping air into a tire, so that it can support an automobile. When your joints are flooded with Energy, it then starts to fill your bones as well. This will also aid you in your First Treasure practice of Bone Marrow Breathing.

To do this exercise you will assume a Standing position. You start with your arms hanging at your sides as you inhale. When you exhale you push your arms downward and raise and pull back on your wrists, so that your palms face downward, parallel to the ground. Chances are, this exercise will initially be painful because you are stretching a lot of muscles and tendons. So don't overdo it. But do keep at it. You will be surprised to find after a few week's of practice, how much stronger your hips and legs feel and how your rooting has improved.

When you press down with your arms, your torso rises up slightly. If this is done with the Nine Points of your feet in contact with the ground, and your legs spiraling into the ground, you should be able to draw Energy up from the Earth. This is the second step in Rooting Practice. With practice you should feel the Earth Force spiral up your legs and into your hips, connecting with the Chi Belt. When you have the Earth Force supporting you, your entire practice should move up to a new level of achievement.



1. Assume a Standing posture with arms at your sides.
2. Establish the Nine Points on both feet, one foot at a time or simultaneously.
3. Gently turn both ankles slightly outward.
4. Turn out both knees until they lock in place.
5. Sink down into your knees a little, tucking in your sacrum and keeping your spine erect. Don't allow your kneecaps to extend past the tips of your toes.
6. Feel or imagine the tendons in your legs wrapping around your legs in the same direction as the Screwing Energy. Right leg clockwise and left leg counterclockwise.
7. Press down into the ground. Feel, visualize or imagine that Energy from your feet is screwing into the ground, right foot clockwise and left foot counterclockwise.
8. Do a full Hip Breath to establish a Chi Belt. Breathe into your navel, Ming Men, left and right sides of waist, Sperm/Ovarian Palace, sacrum and left and right hips using Perineum Power.
9. As your hips expand outward, use this movement of the hips to slightly turn your legs inward an inch or so.
10. Exhale, and raise your wrists to a 90-degree angle, so your palms face the ground, and push down toward the ground with your arms. Your torso rises up a little as you push down.
11. Push down on the soles of both feet and visualize or imagine that your feet are screwing into the ground. The movement of the Screwing Energy is clockwise for the right foot and counterclockwise for the left. Sense or imagine the Earth Force rising up your legs, up to your Chi Belt.
12. Inhale, relax your muscles as much as you can as you stand and let your tendons support your structure.

After you are proficient at this exercise, you can try doing it with any of the Standing Chi Kung forms.

Conceptually, this is probably the most difficult exercise I have taught you. The lessons you learn from Rooting Practice are applicable to virtually every form of moving Chi Kung or Tai Chi Chuan. It is also one of the real secrets of Taoist martial arts. The ability to draw Energy from the Earth and have the Earth support you, will give you an advantage over almost any opponent. The first time you feel this Earth Energy rise up your body, you will be amazed.

Sexual Kung Fu

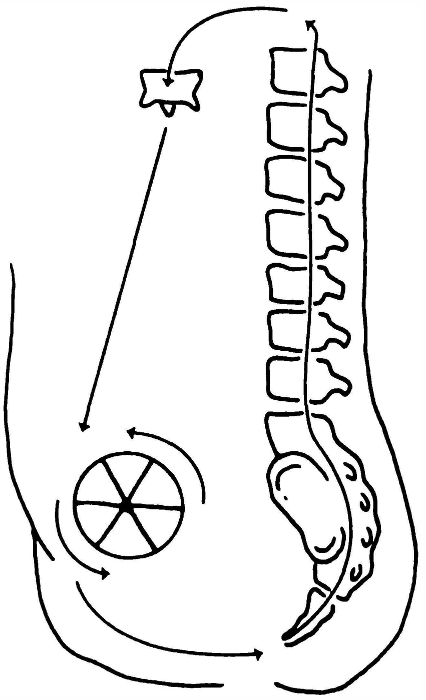
Turning the Yin-Yang Water Wheel: Part 3

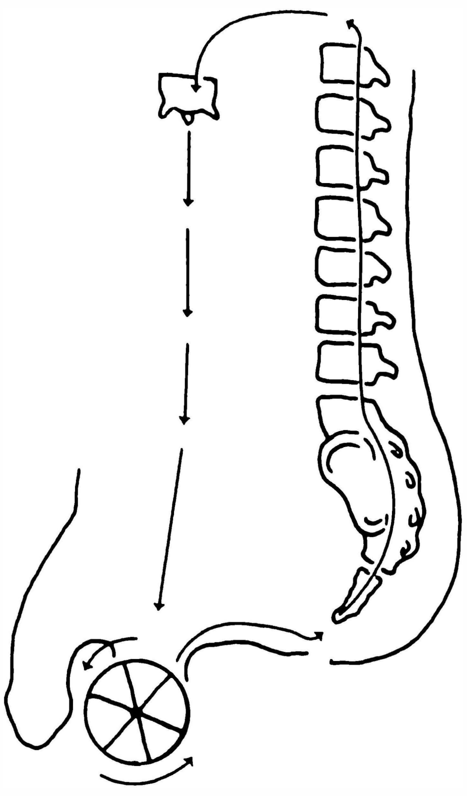
Up till now I have not mentioned the Middle Tan Tien in any of these lessons. You know about the Lower Tan Tien, which lies beneath the navel and the Upper Tan Tien in the center of the brain. The Middle Tan Tien actually has two locations. This week we will learn to open and raise Sexual Energy up to the first location, which lies in the vicinity of the solar plexus.

The Middle Tan Tien is a higher Energy center or medicine field. The solar plexus area is often a tight and constricted part of our body. In more advanced levels of Internal Alchemy, it allows us to blend, harmonize and transform Energies drawn in from sources outside of our body. This Week we are going to draw Sexual Energy up to the T-11 Point (Chi Chung) on the spine opposite the solar plexus and pour the Sexual Energy into a Cauldron that we visualize in the solar plexus area.

We are simply building upon last week's lesson. Turning the Yin-Yang Water Wheels, Part 3, should be easy, if you have been doing your Sexual Kung Fu exercises diligently.

1. Repeat last week's exercise and raise Sexual Energy up to the Lower Tan Tien Cauldron at least three times. Feel as if your eyes and the Water Wheels at your testicles/ovaries are revolving 360 degrees as you guide the Sexual Energy up and then lower your inner eyesight down.
2. Return your concentration to the Water Wheels. See the feet of the





golden-robed boy and silver-robed girl walking on the Water Wheels, toward your spine.

3. Use your Inner eyesight and roll your eyes to guide the Sexual Energy from the Water Wheels at your testicles or ovaries, to your perineum.
4. Inhale and guide the Sexual Energy upward, from the perineum to the Sacral Hiatus and continue guiding it up through your sacrum, past the Ming Men Point opposite the navel, all the way up to the T-11 Point (Chi Chung) behind your solar plexus.
5. Visualize a Cauldron in your solar plexus area (Middle Tan Tien).
6. Exhale and pour the Sexual Energy from the T-11 into the Cauldron at the solar plexus. As you do this your physical eyes should be just past the top of the "roll," beginning to turn downward.
7. Leave the Sexual Energy (or imagine that you do) in the Cauldron and continue to roll your inner eyesight down the front of your body (Functional Channel) to the Water Wheels at your testicles or ovaries.
8. Pick up more Sexual Energy and repeat steps 3 through 70.
9. Do at least six rounds. You can do as many as you like.

We have created another small orbit inside of our body. This time it rises from the testicles/ovaries up to your solar plexus. Working with these smaller orbits is an excellent way to train yourself to guide Energy inside your body. Sometimes you might even find yourself circulating Energy in these orbits in your sleep. Enlisting the aid of your unconscious mind to aid you in your practice is a sure sign of progress.

You can do the Water Wheel exercises in either an aroused or unaroused state. It requires concentration to do it while having intercourse, but the effects are highly beneficial. You must relax to do this properly. If you are tense and trying to force it, this is counterproductive. If you do it right, the pleasurable results might linger on for hours.

Fusion of the Five Elements: Part 3

You have learned to create the Front and Back and Left and Right Pa Kuas or Stars in the Circle and spiral Energy into the Cauldron to form a Pearl. This week we will add the final two Pa Kuas or Stars to complete this aspect of the Fusion of the Five Elements formula.

These last two Pa Kuas or Stars are formed above and below the Cauldron. The Upper Pa Kua being formed at the level of the solar plexus and the Lower Pa Kua at the Sperm or Ovarian Palace, just above the genitals. These Pa Kuas are formed horizontally, whereas the Front, Back and Side Pa Kuas are all vertical.

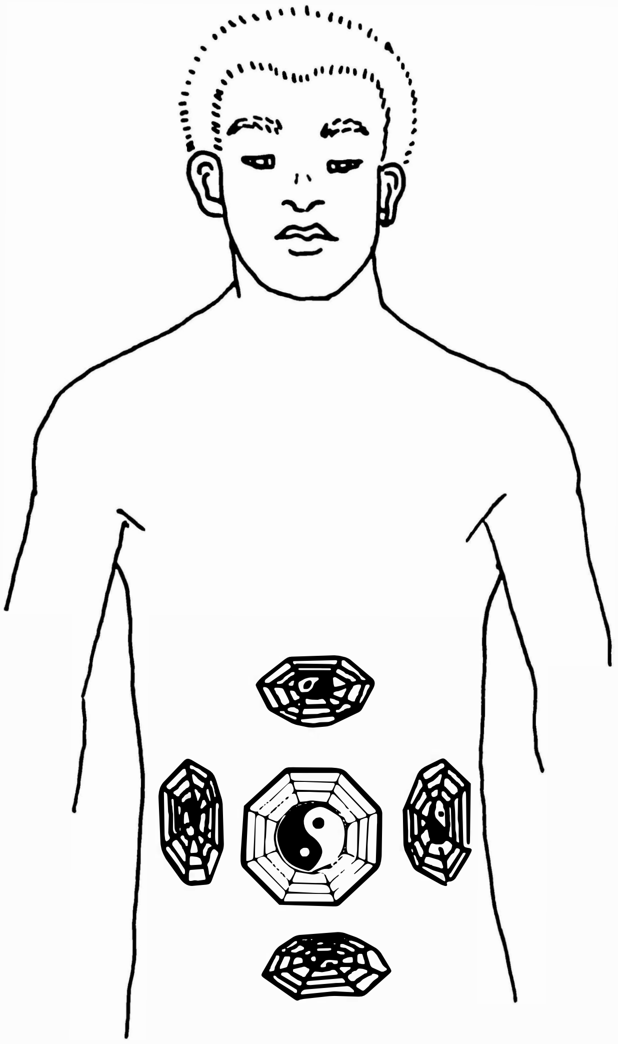
The process is otherwise the same as you learned in Parts One and Two of Fusion of the Five Elements. After forming the Front and Back Pa Kua and spiraling Energy into the Cauldron to form a Pearl, you then form the Left and Right Pa Kua and spiral Energy into the Cauldron. This week we will add the Upper Pa Kua at the solar plexus and Lower Pa Kua at the Sperm/Ovarian Palace and spiral Energy into the Cauldron from both of them as well.

When you add these final two Pa Kuas and spiral the Energy into the Cauldron to form the Pearl, you should find that the exercise feels more powerful than with just the Front, Back and Side Pa Kuas. When spiraled in from above and below, the Energy seems to "lock" into the Cauldron, as if the Cauldron was being hermetically sealed. Again, this is something difficult to describe in words. When you do the practice and experience it, you'll understand what I mean.

You will be spiraling Energy into the Cauldron from six directions: front, back, left, right, above and below. You should almost instantly feel heat in the Cauldron as you add the Energy from the Upper and Lower Pa Kuas. Condense all the Energy into a Pearl. Sometimes you might see the Pearl glowing with intense white or golden light. Other times you might see nothing at all and just feel the Energy condensing in the Cauldron. Don't think of either result as being better than the other.

Once you form the Pearl it is circulated in the Microcosmic Orbit. Collect the Energy to complete the exercise.

1. Repeat last week's exercise through step 15, forming the Front and Back Pa Kuas and spiraling Energy into the cauldron to form a Pearl, and then doing the same with the Left and Right Pa Kuas, spiraling Energy into the cauldron.



2. Form a Pa Kua (or Star in the Circle) at the level of your solar plexus, inside your body. This Pa Kua (Star) is horizontal to the ground, so that as you look downward inside yourself, you can see the whole Pa Kua (Star) as if it were flat.
3. Feel or imagine the Tai Chi symbol in the center of the Upper Pa Kua (or the central part of the Star), begin to spin. (The direction doesn't matter.)
4. Form another Pa Kua (or Star in the Circle) at the level of your Sperm/Ovarian Palace, inside your body just above the genitals.
5. Feel or imagine the Tai Chi symbol in the center of the Lower Pa Kua (or the central part of the Star), begin to spin. (The direction again, doesn't matter.)
6. Divide your concentration and imagine that you are spiraling the Tai Chi symbol (or center of Star) from both the Upper and Lower Pa Kua

(or Stars in the Circle). A spiral of Energy, like a funnel, forms above and below and is drawn into the Cauldron.

7. Condense the spiraling Energy to form a Pearl in the Cauldron. See, feel or sense it, condense and glow. Spend some time here seeing it grow brighter and brighter as it condenses more and more. Let it condense into a tiny Pearl of glowing Energy.
8. Guide the Pearl into the Microcosmic Orbit. Do a few rounds. Roll your Eyes up and down, as if you could turn them 360 degrees, to help guide the Pearl.
9. Return the Pearl to the Cauldron from the Ming Men Point and Collect the Energy.

You have now completed the first phase of the Fusion of the Five Elements formula, forming the six Energy Collectors. In future weeks you will learn how to use the Pa Kuas or Stars, and to draw Energy into the Cauldron from various parts of the body to harmonize the Energy. This will change the quality of the Energy in your body for the better. This is Internal Alchemy.

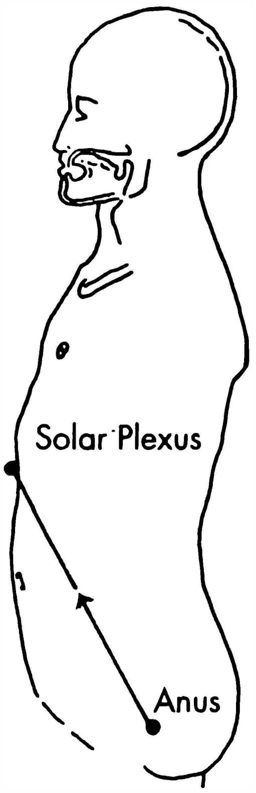
week nine

Four-Square Breathing: Part 3

C Breath

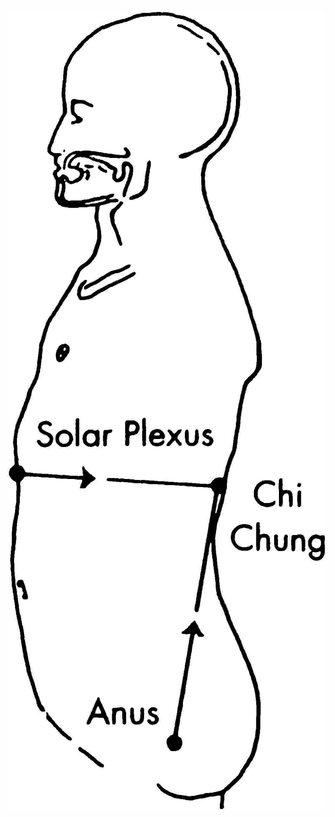
FOUR-SQUARE BREATHING IS primarily concerned with packing Energy into the front, back and sides of the body, by combining breathing and Perineum Power, to increase the internal Chi pressure. These are extremely powerful exercises.

Last week I didn't give you a new lesson, but you combined what you learned in Four-Square Breathing, Parts 1 and 2 in the Rooting Practice, Part 3 exercise. This week you will move up the torso to the solar plexus area. After breathing into the solar plexus, using Perineum Power and pulling in toward the Chi Chung (T-11) Point on the spine, you then breathe into the left and then right side of the body at the level of the lower rib cage.



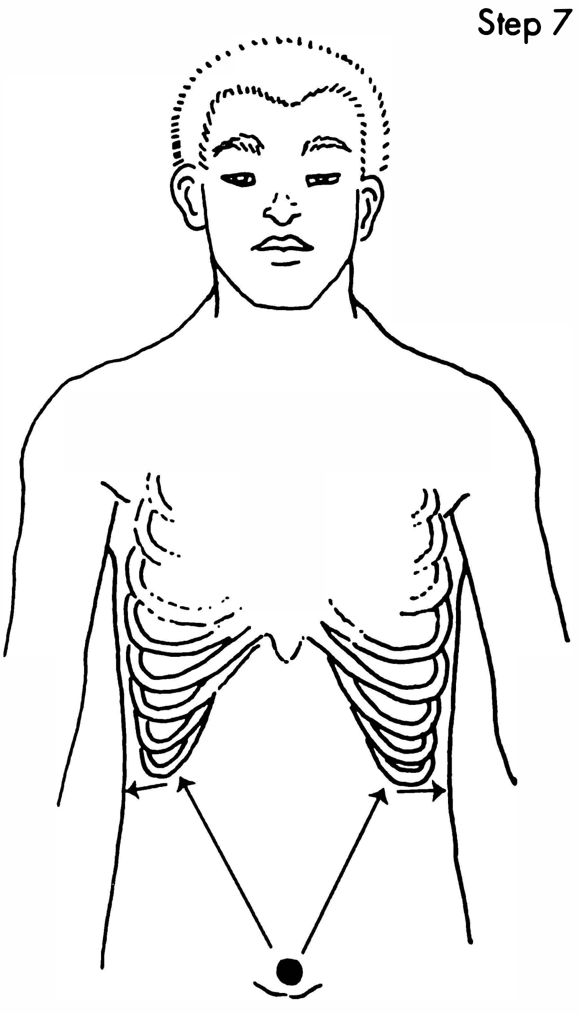
1. Slowly inhale an Abdominal Breath and expand the lower abdomen.
2. Take a small sip of air and direct your perineum and anus (Perineum Power) toward your solar plexus.
3. Without exhaling, pull in your solar plexus toward your back.
4. Take a small sip of air and put your concentration on and direct Perineum Power toward the Chi Chung Point (T-11 opposite the solar plexus) on the spine.

5. Take a small sip of air and push the left side of your anus toward the left side of your lower rib cage. Feel your left rib cage expand out toward your left side.
6. Take another small sip of air and push the right side of your anus toward the right side of your rib cage. Feel your right rib cage expand out toward your right side.
7. Take one more sip of air and simultaneously push both sides of the anus toward their respective left and right sides and feel both sides of your rib cage expand out to the sides of your body.
8. Exhale slowly as you hold the pull.
9. Release the pull and begin again. Do at least three times per session.



You can also do this exercise in conjunction with Parts 1 and 2 of Four-Square Breathing. Start at the level of the navel and waist, move down to the Testicle/Ovarian Palace and the hips and then up to the solar plexus and the lower ribs. It is not necessary to use a lot of force here as you do the exercise. Just take very small sips of air and feel slight expansion in the proper area. With practice you should be able to do the entire exercise without stopping to exhale. But don't press yourself so that you find yourself huffing and puffing. That's not the idea.

As you do this exercise, you might find sections of your spine "opening" as it is packed with Chi. It should also have a positive effect on your diaphragm.



Bone Marrow Breathing: Part 2

Once you get the "feel" of Bone Marrow Breathing, it becomes easier and easier to do the practice. By concentrating only on your Index Finger in Part 1, you should have been able to feel Energy going into and out of your fingertip. Very often you get a tingling feeling at the tip of the finger. Sometimes you might spontaneously experience a tiny sharp pain, like an insect bite, at the fingertip. This is a good sign, it means that a blocked Energy Channel is opening. You could start to feel this in other parts of your body as well. Don't be alarmed, it's Nature's way of showing you that you are making progress.

This week you will learn how to breathe into the other four fingers as well as the remaining bones of each hand. The hands are extremely important in Taoist Yoga and Chi Kung, especially in the healing and massage practices. You can absorb Energy into your hands. You can send Energy out from your hands. I've told you about the effect of Bone Marrow Breathing on the marrow inside your bones. It also affects the bone itself, the bone matrix, the main storehouse for calcium in our body.

Bones have an unusual quality that is found in few other substances other than quartz crystals. The movement of minute electrical charges throughout the body underlie all the metabolic processes that take place inside our body. Our bones have an electric charge. When there is increased pressure exerted on the bones, the electrical charge of the bone increases in direct proportion to the increase in pressure. This is known as the piezo-electrical property, so rarely found on Earth.

Bone Marrow Breathing has a piezo-electrical effect on the bones. It increases the pressure inside the bones and, as you will learn later, on the outside of the bones as well. This increases the electrical charge in the bones, which results in a net increase in electrical charge in your body. Taoists would call this electrical charge Chi. Chi is your Energy or Life Force.

This is a ripe area for exploration by modern science and Western Medicine. In its other main benefits of strengthening the bone marrow and increasing the production of blood cells, it might well be worthwhile investigating the potential for its use as part of the treatment for anemia and other blood diseases. In the war against cancer, it could be a most useful tool to be used by the patient during chemotherapy treatment, which usually wreaks havoc on the bone marrow and blood cell production.

Bone Marrow Breathing is really special. Anyone who puts his or her mind to it, can do it.

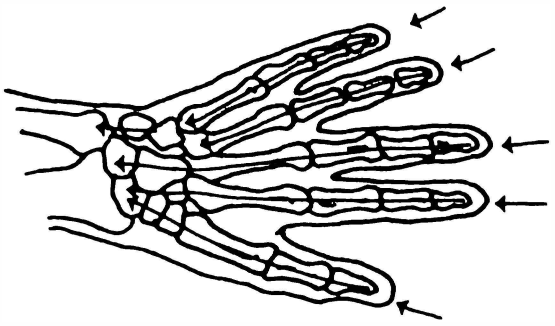
After breathing into the index finger, we next breathe into the middle finger. There is an order that you should learn to breathe into the fingers with. After the middle finger, you breathe into the thumb. When index, middle finger and thumb are all breathing, you might sense the increase in electrical charge. You might feel your bones warming up.

The next finger you breathe into is the ring finger and finally, the pinkie. After getting all the fingers to breathe, you just extend the Energy up through the bones of your hand to your wrist. This is as far as we'll go this week. I want you to really feel Bone Marrow Breathing work. If you do it slowly and build the foundation (breathing into the fingers and hands), you will have great success with future lessons, where we eventually learn to breath into the entire skeletal system.

Bone Marrow Breathing is Taoist healing at its finest. It is just a wonderful practice. It works best when you are really quiet inside. The quieter you get inside, the easier it becomes to draw the Energy into and out of the bones. Silent breathing promotes this internal silence and movement of Energy.

1. Raise your arms to the Embracing the Tree position.
2. Sense or imagine a cool sensation at the tip of your left index finger. (This will actually help you attract warm external Energy.) We will start working with one hand at a time.
3. Inhale a Reverse Breath, gently pulling up on your sexual organs and anus (Perineum Power).
4. Simultaneously draw Energy right into the tip of your left index finger. Draw the Energy all the way up the finger until it reaches the knuckle of your hand.
5. Exhale, relax the sexual organs and anus. Feel the Energy exit through the tip of the index finger.
6. Repeat for a few seconds until you can feel Energy entering and exiting the interior of your index finger.
7. Breathe into your left middle finger for thirty seconds or more.
8. Breathe into your left thumb for thirty seconds or more.
9. Breathe into your left ring finger for thirty seconds or more.
10. Breathe into your left pinkie finger for thirty seconds or more.
11. Relax your left hand and repeat steps 1 through 10 on the fingers of your right hand.

12. Repeat the exercise with the fingers of both hands simultaneously up to the knuckles.



13. Breathe through all the fingers of the left hand up to the knuckles.
14. Pull up slightly on the sexual organs, take another sip of air and breathe through the bones of the left hand, up to and including your wrist. Exhale and breathe out of the fingertips.
15. Repeat steps 13 and 14 on the right hand. Repeat with both hands simultaneously.

Standing Chi Kung

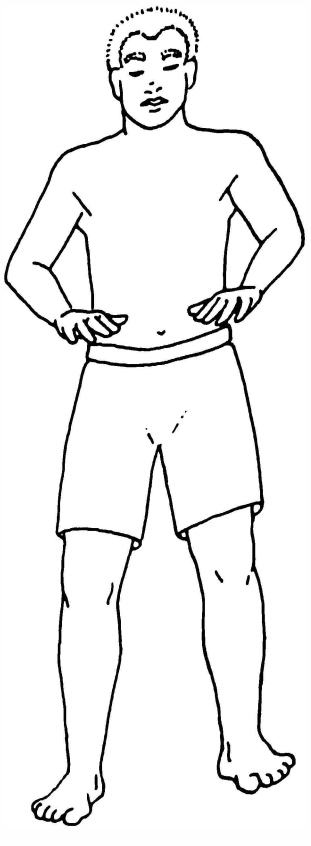
Additional Forms

Body

There are a few more Standing forms this week. So after a three week break, let's learn three more. They are all drawn from traditional Chinese sources and each form is recommended for a different ailment. All three are Double-Weighted Stances, but you can adapt them to a Single-Weighted Stance.

Each of these forms makes use of an imaginary ball or balls that you either hold, or keep from floating away.

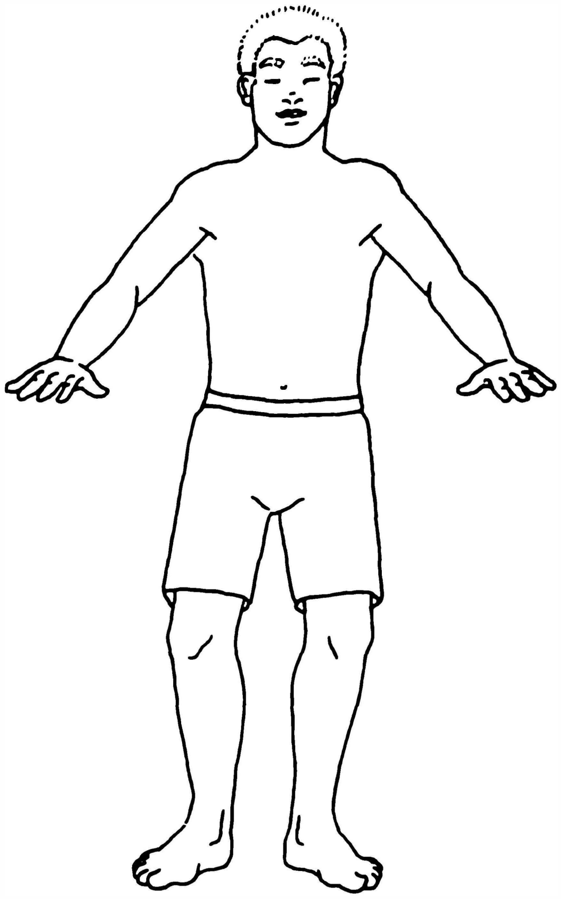
Pressing Floating Beach Ball



1. Assume the basic standing posture.
2. Raise both hands in front of you to the level of your navel.
3. Hands are held in front of you, three to six inches apart. Palms face down toward the ground and your fingers face forward, away from your body.
4. Imagine you are standing in water up to your lower abdomen and there is a beach ball floating in the water.
5. As you do the form, further imagine that your palms are lightly pressing down on the floating beach ball, preventing it from floating away.

This stance is recommended for better digestion and gastric disorders.

Supporting Twin Footballs

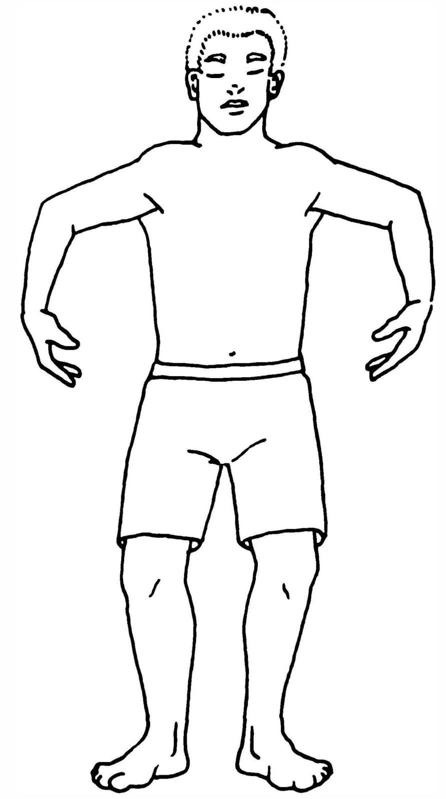


This form is similar to the one above, the main difference being the hands are held out to the sides of the body rather than in front of the navel.

1. Assume the basic standing position.
2. Raise both hands, palm downward to the level of your navel. Each hand is held 6 to 12 inches out from the side of your body.
3. Imagine that you are standing in water up to your lower abdomen. Further imagine that there are twin footballs (soccer balls) floating in the water under each hand.
4. As you inhale, imagine that you are drawing each ball into the palm of each hand.
5. As you exhale, imagine you are lightly pressing down on each ball, preventing it from floating away.

This form is recommended for sufferers of depression and other nervous disorders. It is also an excellent form to do while practicing Bone Marrow Breathing into the hands. Holding the hands in this position will aid you in the ability to draw Energy into and out of both hands simultaneously.

Holding Twin Beach Balls



This form is somewhat similar to Embracing the Tree except the arms are held further out to the sides and the hands are only raised to the level of the navel.

1. Assume the basic standing position.
2. Hold your arms out to your sides as if there was a small beach ball held under each arm.
3. Your palms face toward the sides of your body at approximately the level of your navel.

4. Your armpits should feel rounded and your shoulders are relaxed.

This form is recommended to strengthen the lungs and for those with respiratory problems.

Sexual Kung Fu

Turning the Yin-Yang Water Wheel: Part 4

Irrigating the Heart

Last week I told you that the Middle Tan Tien had two positions, the first being at the level of the solar plexus. The second position is at the level of the Heart Center.

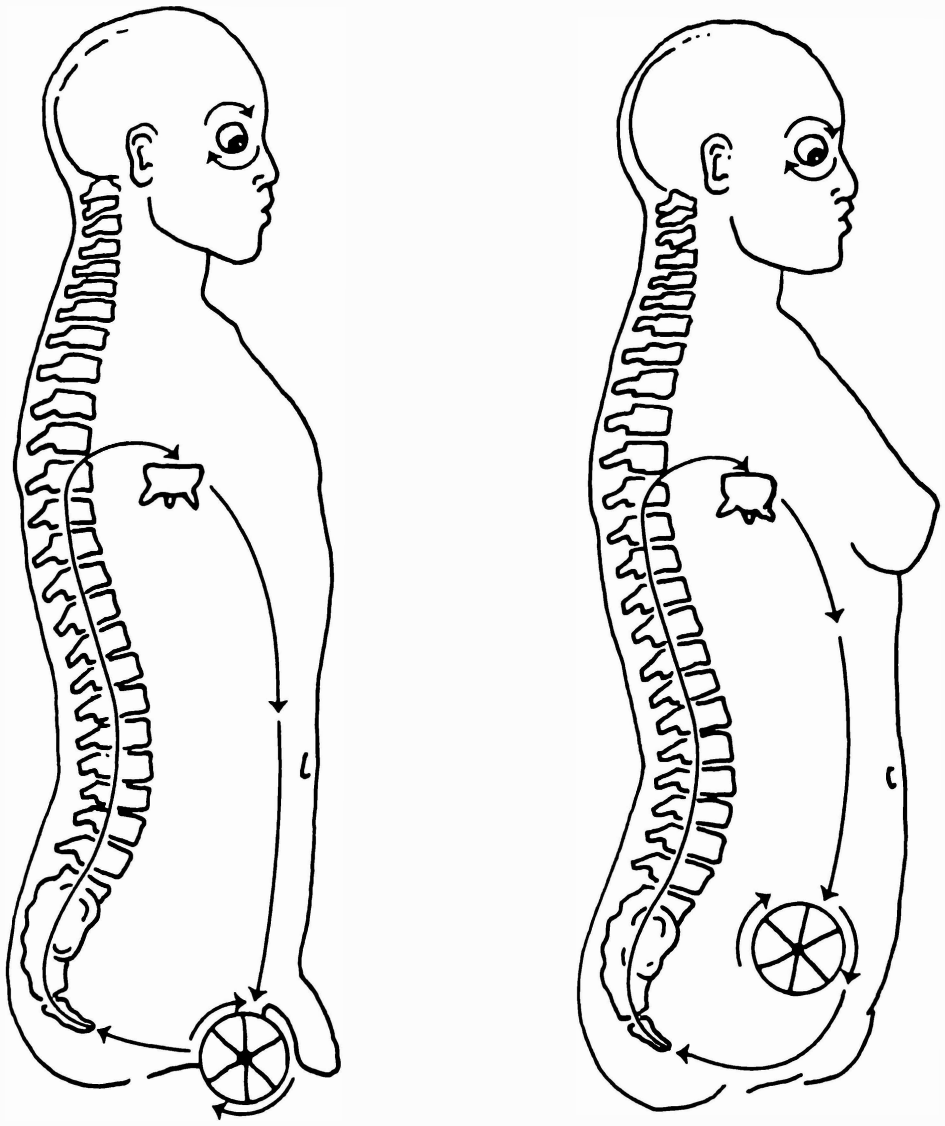
To the Taoists, the heart is considered to be the control center of the emotions. The heart reflects your emotional state. When you are calm, it is calm, when you are excited, it is excited, when you are afraid, the pounding of your heart reflects that fear.

When you learn to control your heart, you are also learning to control your emotions. Cleansing and emptying the heart, refers to cleansing and emptying it of negative emotions. In Taoist theory, the heart and the kidneys balance the electromagnetic current in the body. The Fire in the heart balances the Water in the kidneys. The heart and the kidneys are the step up transformers and batteries of the body. If you build up too much heat in your heart (too much yang) because of stress, tension, impatience or illness, this in turn will cause a reciprocal build up of too much cold (yin) in the kidneys. This week's exercise, Irrigating the Heart, will help you to balance the hot and cold (yang and yin) energies in your heart and kidneys.

When you are tense or otherwise excited, you might notice that your heart feels as if it is being pushed toward the front of your body, as if it were striving to burst out of your chest. As you relax your heart, it seems to pull back further into the body. If you take some conscious control of the situation, you can help to draw back the heart to calm yourself down.

Excess cold in your kidneys has a negative effect, not only on your heart, but on the psoas muscles of your lower back as well. The psoas muscles abhor cold. Excess cold in the kidneys cause them to tighten, shorten, and contract. This is not a good thing for our balance, breathing or mobility. Part of this week's exercise involves warming the psoas muscles.

As an overview of Irrigating the Heart, you will first use the Heart Healing Sound to draw excess heat out of the heart. You will allow this heat to descend



down to the kidneys, to warm the kidneys and then spread out to the psoas muscle of the lower back. You then allow this heat to descend to your testicles or ovaries and then use the Yin-Yang Water Wheels to bring the Energy up to the Gia Pe Point opposite the Heart Center in the middle of the chest. The Energy is poured into the Heart Center. You then bring your concentration down the front of the body in the Functional Channel to the Water Wheels and then raise it up again to the Heart Center, creating another mini-orbit inside your body.

This exercise can be done standing, sitting or lying down.

1. Begin by doing the Heart Healing Sound: H-A-W-W-W-W-W-W. The sound is made as you exhale.
2. Feel your heart relax and seem to sink deeper into your chest as you do the Healing Sound. Do at least three Heart Healing Sounds.
3. Feel heat coming out of the heart. Mentally draw this heat to your spine.

4. Feel the heat descend the spine to the two kidneys. Feel the kidneys begin to warm up.
5. Exhale and the heat spreads out from the kidneys down to the lower back, the region of the psoas muscles.
6. Feel your lower back warm up and relax.
7. Repeat this process 2 or 3 times.
8. Mentally draw the warmth down to you testicles or ovaries.
9. Place your concentration (inner eyesight) on the Water Wheels as you have learned in previous weeks. See the feet of the golden-robed boy and silver-robed girl walking on the Water Wheels, toward your spine.
10. Use your Inner Eyesight and roll your eyes to guide the Sexual Energy from the Water Wheels at your testicles or ovaries, up to your perineum.
11. Inhale and guide the Sexual Energy upwards, from the perineum through the Sacral Hiatus and continue guiding it up through your sacrum past the Ming Men Point, past the Chi Chung Point (T-11) behind your solar plexus and up to the Gia Pe Point (T5) opposite the center of your breastbone (sternum).
12. Visualize a Cauldron in your Heart Center in the middle of your chest.
13. Exhale and pour the Sexual Energy, from the Gia Pe point, into the Cauldron at the Heart Center (Irrigate the Heart). As you do this, your physical eyes should be just past the top of the "roll," beginning to turn downward.
14. Roll your inner eyesight down the front of your body (Functional Channel) to the Water Wheels at your testicles or ovaries.
15. Pick up more Sexual Energy and repeat steps 9 through 14.
16. Do at least six rounds. You can do as many as you like.

Fusion of the Five Elements: Part 4

Basic Fusion—Water and Fire

This week we'll begin to tie a number of pieces together as we actually start the Basic Fusion formula.

For the past three weeks you've learned how to build Energy Collectors inside your body using either the Pa Kua or the Star in the Circle. You then spiraled Energy into the Cauldron in the Lower Tan Tien to form a Pearl. Although these are powerful exercises in themselves, they have only laid the foundation for the actual Fusion of the Five Elements practice.

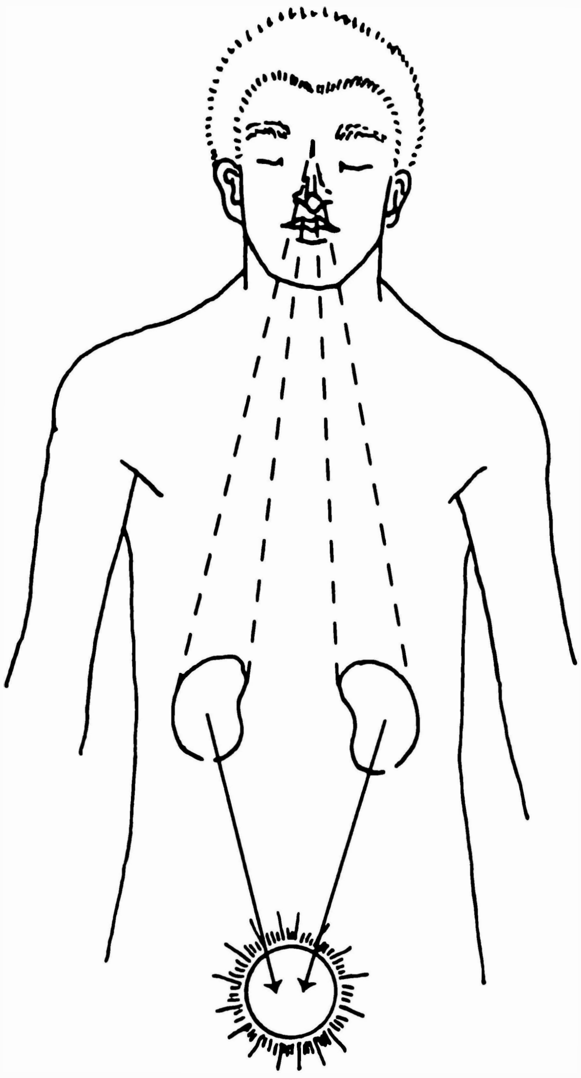
In Fusion of the Five Elements, the Energy Collectors actually collect Energy from each of the Five Elements. In this first Basic Fusion formula the Energy of the Water Element and the Fire Element are mixed and harmonized in the Front Pa Kua or Star in the Circle. Then the other Pa Kuas (or Stars) are formed and Energy is spiraled from each of them into the Cauldron to form a Pearl.

The Third Treasure—Shen—Element exercises that you learned in Weeks One through Five of this book, will make it easy for you to follow my instructions, this week and next week, on how to do the Basic Fusion formula. If you hadn't previously learned about the elements, their Yin internal organ correspondences, their color and their Collection Points, I think this exercise would be basically incomprehensible, and you would not be able to follow it. You are learning what has been an oral tradition for many centuries. I put a tremendous amount of thought into coming up with coherent written lessons that would make sense out of these longtime secret practices.

In this first basic formula you will draw the cold sapphire blue/black colored Energy of the Water Element from the kidneys, to its Collection Point at the Perineum. You will next draw the hot red colored Energy of the Fire Element from the Heart to its Collection Point in the center of the chest (the same location as in this week's Sexual Kung Fu lesson-Irrigating the Heart). You will then simultaneously draw the Water and Fire Energies into the Front Pa Kua (or Star) and then mix the two Element Energies together in the Pa Kua (Star). After this the Back Pa Kua (or Star) is formed and Energy is spiraled into the Cauldron from the Front and Back Pa Kua. Next the Side Pa Kuas (Stars) are formed and Energy is spiraled into the Cauldron from both of them and then the top and bottom Pa Kuas (Stars) are formed and Energy is again spiraled into the Cauldron to form a Pearl. The Pearl is then circulated in the Microcosmic Orbit and finally Energy is collected (circled clockwise and counterclockwise) in the Lower Tan Tien to close the exercise.

This is the second exercise you are doing this week to balance the Water and Fire Elements. In Chinese, Water is called *Kan* and Fire is *Li*. Throughout the literature of Taoist Internal Alchemy, you will find references to Kan and Li practices. For us, this is where they formally begin.

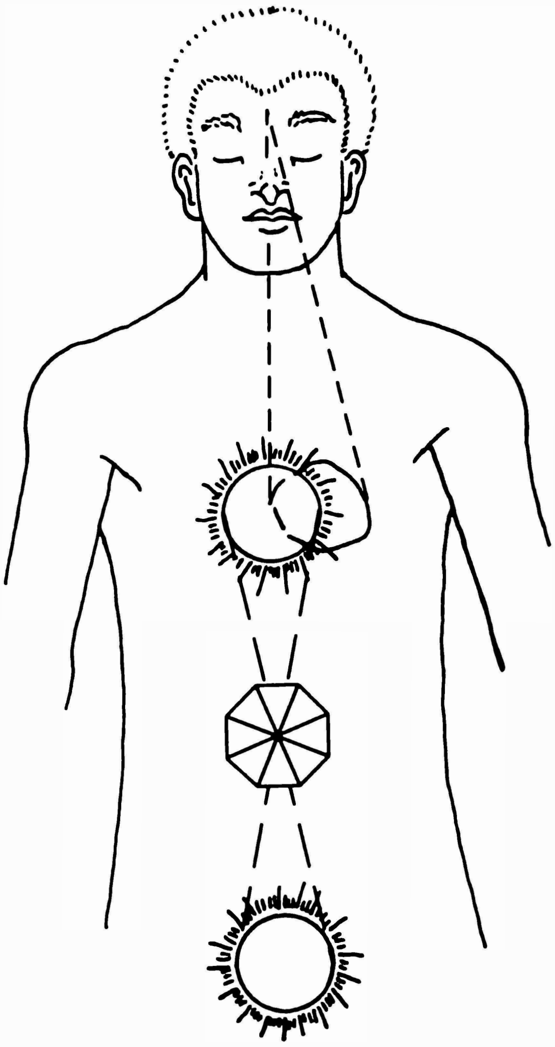
1. Sit up in a chair with your hands clasped and the tip of your tongue raised to the roof of your mouth. See your body surrounded in turn by each of the five colors of the elements, beginning with red. Then



Step 8

yellow, white, blue and green. Do it rapidly; imagine a light or mist for each of the colors surround you, and then fade into the next color.

2. Smile into your eyes. (You can do the entire Inner Smile practice including front, middle and back line.)
3. Form the Front Pa Kua or Star in the Circle.
4. Put your concentration (your Yi Mind) on your left and right kidneys.
5. Do the Kidney Healing Sound, Ch-u-w-a-a-a-y, at least three times to help you to feel and connect with the Energy of the Kidneys.
6. Visualize your kidneys glowing with a sapphire blue (or shiny black, like a highly polished black car) color.
7. Spiral the sapphire blue/black color around and inside of both kidneys.
8. Mentally form a sphere three inches in diameter at your perineum. This is the Kidney/Water Collection Point. (The Collection Point is inside the body.)



Steps 15 – 22

9. Lightly contract the left and right sides of your anus and draw the cold sapphire blue (or shiny black) colored Water Energy down to the Kidney/Water Collection Point.
10. Allow the Kidney/Water Collection Point to glow sapphire blue (or shiny black).
11. Put your concentration on your heart.
12. Do the Heart Healing Sound, H-A-W-W-W-W-W, at least three times.
13. Visualize your heart glowing with a red color.
14. Spiral the red color around and inside of your heart.
15. Mentally form the Heart/Fire Collection Point at the center of your chest, approximately behind the middle of your sternum (breastbone).

16. Lightly contract your anus and draw the hot red colored Fire Energy from your Heart on the left side of your body to the Heart/Fire Collection Point at the center of your chest.
17. Visualize the Heart/Fire Collection Point glowing red. (This also warms up your thymus gland, which lies beneath the Heart/Fire Collection Point.)
18. Divide your concentration between the cold Kidney/Water and the hot Heart/Fire Collection Points.
19. Simultaneously spiral and draw the cold sapphire blue/black color and the hot red color from their respective Collection Points, into the Front Pa Kua or Star.
20. Spiral and mix the cold sapphire blue/black and the hot red colored Element Energies in the Front Pa Kua (Star) until their colors and temperatures blend together.
21. Visualize the Back Pa Kua or Star in Circle.
22. Spiral the blended Energy from the Front Pa Kua (Star) and the Tai Chi symbol from the Back Pa Kua or center of the Star, into the Cauldron you now form at the Lower Tan Tien (slightly closer to the spine, but basically in the center of the lower abdomen).
23. Form and spiral Energy from the Left and Right Pa Kua (Stars) into the Cauldron.
24. Form and spiral Energy from the Upper and Lower Pa Kua (Stars) into the Cauldron.
25. Condense the spiraling Energy to form a Pearl in the Cauldron.
26. Guide the Pearl into the Microcosmic Orbit. Do a few rounds. Roll your Eyes up and down (as in Turning the Yin-Yang Water Wheel) as if you could turn them 360 degrees, to help guide the Pearl.
27. Return the Pearl to the Cauldron from the Ming Men Point and Collect the Energy at the navel.

week ten

Four-Square Breathing: Part 4

Chi Breath

In Part 4 of Four-Square Breathing we move up to the Heart Center. You did a lot of work in the Heart Center last week. This week you will learn a breathing technique that will strengthen and balance the Energy (Chi) of the upper chest, upper back and underarm area.

If you have been practicing Four-Square Breathing, even a little, by this point in the training you should have begun to feel tremendous changes in your body as you do these exercises. Four-Square Breathing packs Energy into your organs, muscles, tendons, bones, fascia, blood vessels and into all the empty spaces inside the flesh. The Taoist called these empty spaces cavities. There are lots of cavities all over your body. Packing Energy with Four-Square Breathing will help you to fill up these cavities.

You can analogize the aim of the exercise to a balloon from which a little air has leaked out. To become taut and full again requires the addition of more air (Chi) to fill it up again. More air increases the internal pressure inside the balloon. Four-Square Breathing does the same thing inside your body.

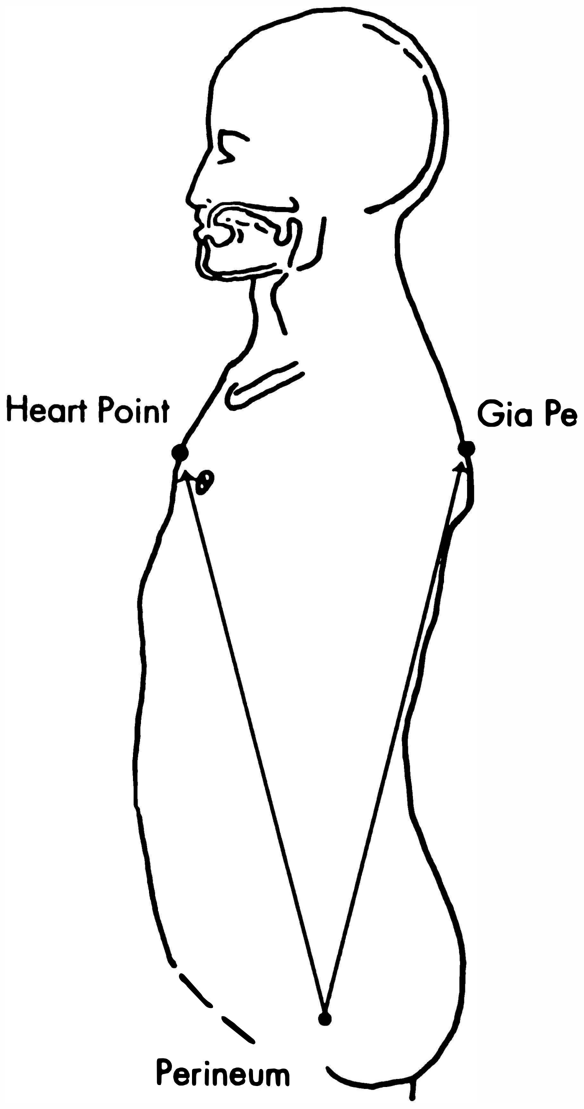
It is most important for me to stress here, not to use too much force when you do these exercises. With practice, after the initial Abdominal Breath, you will find that just putting your concentration on a spot will draw up the Perineum Power and just the slightest intake of air will allow you to feel the Energy move to the correct location.

I really like this one. If you find that you can do it, and there's no reason that you shouldn't, you will realize how far you've progressed since you first started the practices in this book. You are really moving Energy inside your body. And it's easy. It's just a matter of breathing, and putting your concentration on a certain point or points in your body. Some of you might remember that it was easy for you to do this when you were a child. But you were never taught to make use of this ability and in time you forgot all about it. Until now that is.

There is one difference in this week's technique from what you have been doing in Parts 1 through 3. In those weeks I taught you to first direct Perineum Power to the front point on the body. You then pulled each of these points toward the back before directing Perineum Power to a point on the spine.

This week when we raise the Four-Square Breathing up to the Heart Point, do not pull the Heart Point toward the back point. Just direct Perineum Power first to the Heart Point and then to the Gia Pe point, opposite it, on the spine. As you do the exercise, you should feel your chest expanding in all four directions.

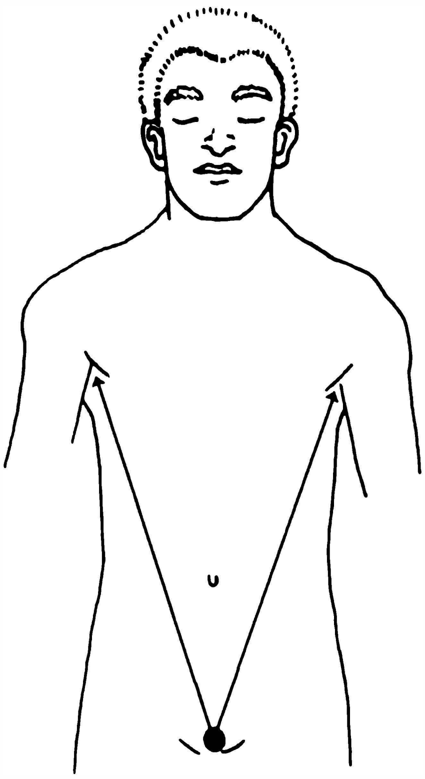
1. Slowly inhale an Abdominal Breath and expand the lower abdomen.
2. Take a small sip of air and direct your perineum and anus (Perineum Power) toward the center of your sternum (breastbone). This is the Heart Center.
3. Take a small sip of air and put your concentration on and direct Perineum Power toward the Gia Pe Point (opposite the Heart Center) on the spine.
4. Take a small sip of air and push the left side of your anus toward your left underarm area. Allow your shoulder to drop, rounding the underarm area as if you were holding an egg there. Feel your left underarm expand down and out toward your left side.
5. Take another small sip of air and push the right side of your anus toward your right underarm. Allow your shoulder to drop, rounding the underarm area as if



you were holding an egg there. Feel your right underarm expand down and out toward your right side.

6. Take one more sip of air and simultaneously push both sides of the anus toward their respective left and right underarms and feel both underarms drop and expand out to the sides of your body.
7. Exhale slowly as you hold the pull.
8. Release the pull and begin again. Do at least three times per session.

Step 6



You learned in Week Two that excess Energy from the muscles are stored in the underarm hair. Well, this excess Energy also clogs up the muscles, tendons and lymph nodes in the entire underarm area. With a little practice of Four-Square Breathing: Part 4, you might really experience the achy feeling many of you get in the underarm region, start to melt away.

You can do Four-Square Breathing Parts 1 through 4 in sequence. You can do each part with an inhalation and exhalation at each of the four levels, or you can do all four levels (1—navel and waist, 2—Sperm/Ovarian Palace and hips, 3—solar plexus and lower rib cage and 4—Heart Center and underarms) without exhaling until you reach the underarms. Then exhale and hold the pull on the underarms. If you try this, just take tiny little inhalations after the initial Abdominal Breath. Don't use a lot of force. Move rapidly through the exercise. If you find yourself running out of breath or turning red in the face, lighten up. With practice it gets easier as it becomes increasingly easier for you to hold and slow down your breath.

Bone Marrow Breathing: Part 3

The next step in Bone Marrow Breathing is breathing into the bones of the arms. There are three long bones we have to deal with. Remember the long bones produce red blood cells. The forearm is composed of two bones, the radius and the ulna. The upper arm has one large bone, the humerus.

When learning to breathe into the bones of the arm, it is helpful to first look at the diagram of the arm bones and then do your best to visualize or feel the bones. Learning to move Energy in the arm bones is a little more difficult than moving it in the fingers and hands. The finger and hand bones have relatively much less flesh and fat surrounding them. This makes it easier to focus on them and move the Energy. The arm bones are buried deeper inside the flesh which makes them more difficult to feel. The best way to start is to first draw Energy into the finger tips and through the hand bones up to your wrist. As you inhale, use your eyes and your mind to draw the Energy up the radius and ulna to your elbow.

Just look at your arm. Try to feel the radius and ulna. Slowly allow your eyesight and concentration (Yi Mind) to move up from your wrist to your elbow. The Energy (Chi) will follow. Hold your breath for a few seconds before exhaling and you should feel the Energy in the ulna and radius start to expand. After moving up to the elbow, you will then raise the Energy in the humerus bone up to your shoulder. Use the same technique of following the inhalation with your eyes and Yi Mind.

Once you get the feel for the exercise, you won't have to continue using your eyes to move the Energy, just direct it with your mind. This is a learning technique to help you get the Energy moving.

It is important to practice Bone Marrow Breathing into the arms. I tell you, the more you practice, the easier it gets. Success in the arms will be extremely beneficial when we begin breathing into the bones inside the torso.

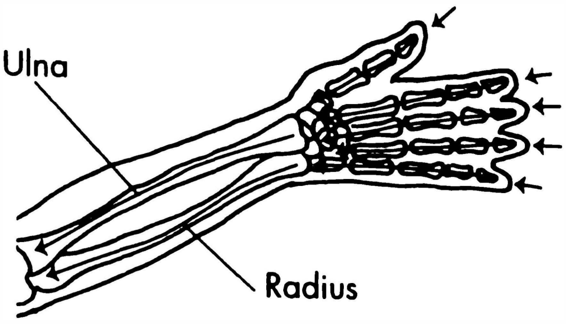
With a little practice, you will feel the bones of your arms breathing. There might be locations though, where you feel pain, where you feel nothing, or the Energy just seems to get lost. These are areas where the Energy is blocked. To overcome this, inhale and hold your breath as you put your full attention on the painful or numb areas. Visualize the bones. Use your mind to move up and down through the spot until you begin to feel the Energy moving through it. Then continue breathing in and out of your entire arm. This could require a lot of practice until you feel the Energy move.

You might start to feel Energy moving into other bones. This is all right. Try to avoid breathing into the bones of your head, but if this should happen, don't leave it there. Bring it down the Functional Channel to your navel.

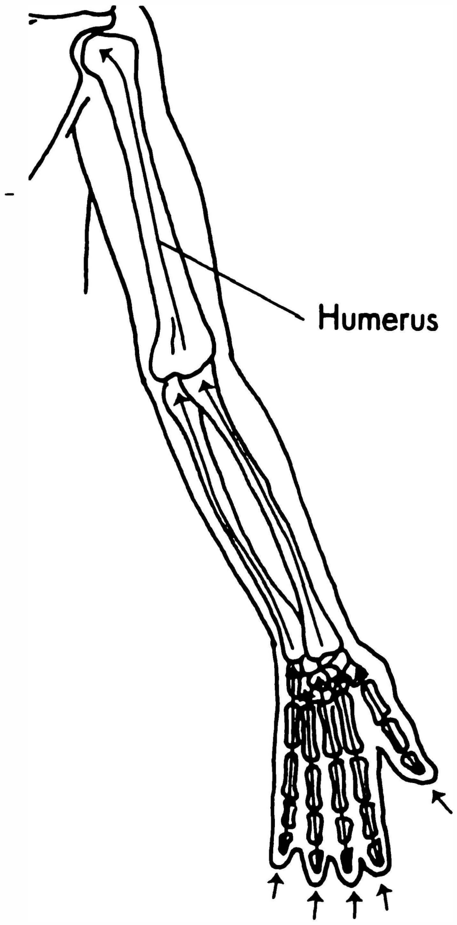
One final point, you would be surprised at how much tension can be built up in the bones. Bone Marrow Breathing is the best method to relieve this tension. One of the most extraordinary things I ever felt, was the bones of my arm relax as I myself was learning this practice many years ago. The sensation was indescribable and wonderful.

1. Raise your arms to the Embracing the Tree position (or any other position you feel comfortable with).

2. Begin with the left hand and breathe into the fingers as previously learned.
3. Breathe through the bones of the left hand as previously learned.
4. Hold your breath for a few seconds and feel the Energy expand in your hand.



5. Put your awareness back on you fingertips. Inhale and lead the Energy through your fingers, hand and wrist into the two bones of your left forearm, the radius and the ulna. Draw the Energy up to your elbow by leading it with your eyes and your mind. Go up and down for at least 30 seconds. When you exhale, the Energy goes down your left forearm, into your hand and exits through your fingertips.
6. Repeat on your right arm, while resting your left arm, for at least 30 seconds.
7. Return to your left arm, relaxing your right arm, and inhale from your fingertips to your elbow and then all the way up the humerus bone of your upper arm to your shoulder. Again use your eyes and mind to draw the Energy up your arm. When you exhale, the Energy goes down your arm and exits through your fingertips. Breathe for at least 30 seconds.



8. Repeat up to your shoulder in your right arm while resting the left arm.
9. Do both arms simultaneously, inhaling up to the shoulder and then exhale down your arm and out your fingertips. Do it for at least 30 seconds.

Jing Body

Standing Chi Kung

Sitting Forms

Although they are called Standing Chi Kung there are also sitting, lying, moving and walking forms. This week I'll teach you some Sitting Forms. These forms are very easy to learn. They all require a firm chair or bench with an upright back.

A. Holding Twin Balls

1. Sit in a chair, with your back upright, with your upper back in contact with the back of the chair.
2. Rest your hands, palm upward, on the upper part of each thigh, as if you were holding a ball in each hand. Your bent elbows are out to your sides.
3. Your feet are flat on the ground and your knees are bent at a 90-degree angle to the ground.
4. Lower your eyelids and smile into your eyes.

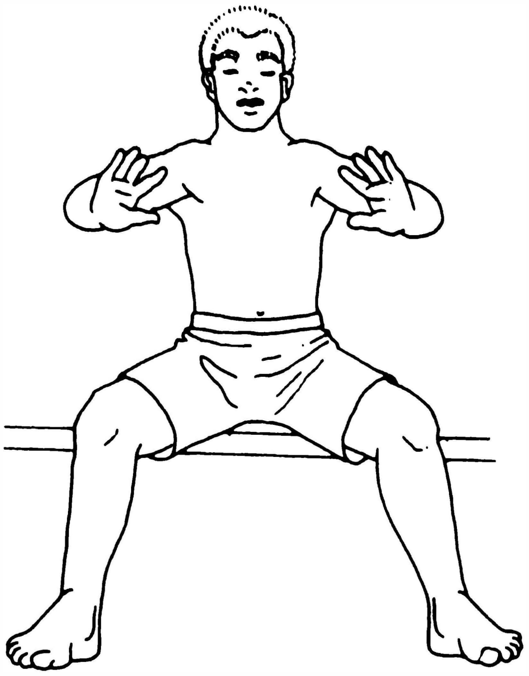
This form is recommended for fatigue, depression, and hypersensitivity.

B. Resting Position

1. Lean back on the chair.
2. Bend your elbows out to your sides and rest the backs of your hands on your waist or slightly more toward your back, so the your palms face away from your body.
3. Your legs are kept wide apart and the calves are extended so that your knees are bent at approximately a 45-degree angle to the ground.
4. Your feet rest on your heels. (You can gently move your feet up and down on the heels as if paddling as you hold the position.)
5. Lower your eyelids without completely closing your eyes and relax your face.

This form is recommended for arthritis sufferers, and those with poor circulation in the legs.

C. Arms Raised Feet Flat

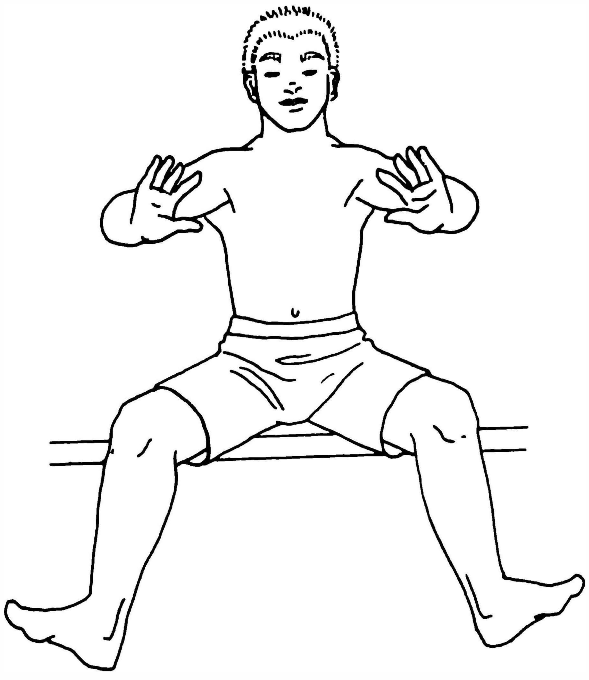


1. Body position is same as Holding Twin Balls above, sitting upright with feet flat on the ground, except your elbows are bent out to your sides and your arms are raised to just about shoulder height.
2. Your hands are held just to the outside of each shoulder. Raise each hand at the wrist so that your palms face forward, but don't pull the wrist all the way back. Your fingers are splayed apart.
3. Relax your face and imagine you are gazing far into the distance.
4. When you inhale imagine you are sucking small beach balls into your palms, or do Bone Marrow Breathing.

This position is recommended for sexual dysfunction as well as depression and fatigue.

D. Arms Raised Feet Extended

1. The arm and hand position is identical to Form C.
2. The body is held as in the Form B Resting position above. The torso leans against the back of the chair, with calves extended, feet raised and resting on your heels.



This position is recommended for extreme fatigue or those with some paralysis of their motor functions. If you are unable to raise your arms, use a chair with an armrest and rest your arms on them.

Sexual Kung Fu

Turning the Yin-Yang Water Wheel: Part 5

Some of you probably already figured out that this week you will raise the Sexual Energy to the Upper Tan Tien in the head. The methodology is the same as you've been learning for the past four weeks, except this week you bring the Energy all the way up the spine and through the neck to the top of the head before you pour it into the Cauldron in the Upper Tan Tien.

When you pour Sexual Energy (Jing Chi) into the Cauldron, you allow it to remain there as you lower your inner eyesight down the Functional Channel to your testicles/ovaries. In time you might find that this Sexual Energy builds up and begins to overflow and drip down to the Cauldron below it. It can then overflow in the Heart Cauldron down to the Solar Plexus Cauldron and eventually down to the Cauldron in the Lower Tan Tien, below your navel.

But this is only the beginning of this week's Sexual Kung Fu exercise. I'm also going to teach you an additional method to stimulate the creation of Sexual Energy (Jing Chi).

After raising the Sexual Energy to the head nine times, you will then visualize a perfectly formed human of the *opposite* sex in your *heart*. If you are a woman you will picture a naked perfectly formed male in your heart. He could be your spouse or your lover, it could be your fantasy man. If you are male, you will picture a perfectly formed female in your heart. She could be your spouse or your lover, or your fantasy woman.

You will then visualize a perfectly formed human of the *same* sex as yourself in your *sexual organs*. If you are a woman, it could be yourself, or your idealized self, or your concept of the perfect woman. If you are a man, it can be yourself, your idealized self, or your concept of the perfect man.

You will feel a real attraction inside your body between the naked male and female. They will become sexually aroused, the male's sexual organ becoming erect and the female's breasts expanding and her vagina growing moist.

You will mentally draw the male and female to the Cauldron in the Upper Tan Tien where they begin to sexually stimulate each other, culminating in sexual intercourse. The active use of the full powers of your imagination are encouraged here. Get as graphic as you can. Take your time. As the sexual excitement grows in your head, allow the excess Sexual Energy being created to drip down to the Cauldrons in the heart, solar plexus and navel. You might also feel sexual stimulation in your sexual organs as well, but the focus of the exercise is to feel the build up of Sexual Energy in your brain.

The female and male represent pure adult yin and yang Energy. Their having intercourse in your brain will balance your own yin and yang Sexual Energy. You might experience this build up as orgasmic waves of ecstasy emanating from the center of your head. If you are a male, you will probably, but not necessarily, get an erection. If you are a female, you might find your vagina becoming lubricated. Keep raising this Sexual Energy from your sexual organs up to your head, where the male and female are making love.

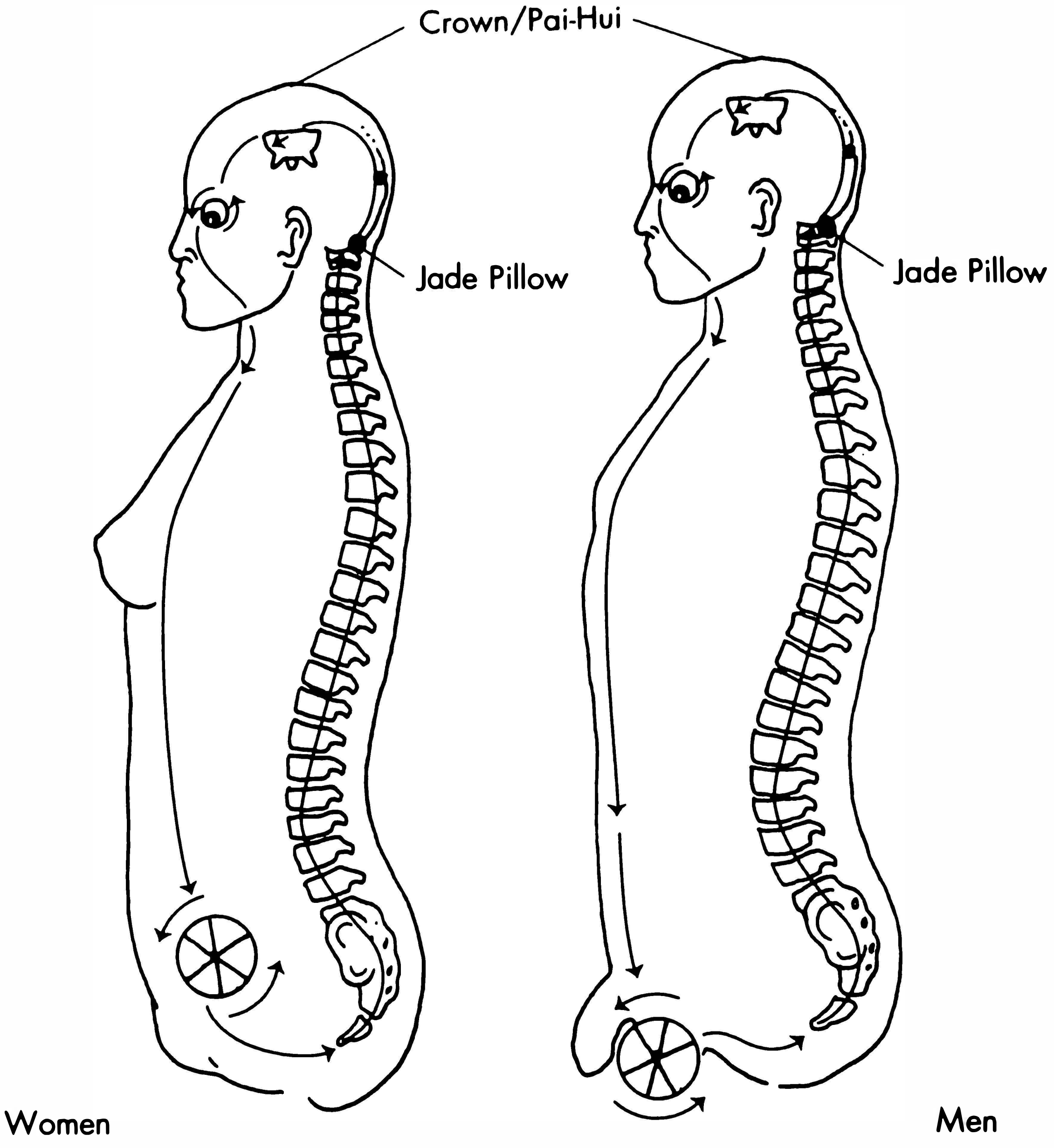
With this exercise you are taking Sexual Kung Fu to new heights. It does require focus and concentration. In all probability, sometimes you will be able to do it, and sometimes not. This is perfectly normal.

One bonus of this exercise is that the Sexual Energy raised, is drawn into and stored in your bones and your practice of Bone Marrow Breathing will become more efficient and effective. In Taoist theory, surplus Sexual Energy is stored in the bones. Sexual Energy also rejuvenates the brain. The Taoists took the knowledge of human sexuality into dimensions undreamed of in the West. As I've said before, you could sit on a rock for a thousand years and not come up with this stuff.

1. Go through all the previous steps you've learned in Turning the Yin-Yang Water Wheel Parts 1 through 4.
2. The Water Wheels in your testicles/ovaries should feel as if they are rolling together with your eyes.
3. Inhale and use your Inner Eyesight and roll your eyes to guide the Sexual Energy from the Water Wheels at your testicles/ovaries all the way up your spine to the top of your head.
4. Do your best to visualize a three-legged Cauldron in the center of your brain.
5. Exhale and pour the Sexual Energy into the Cauldron. Allow this Sexual Energy to remain in the Cauldron.
6. Roll your eyes down the Functional Channel back to your testicles/ovaries and repeat a total of nine times.
7. *Men:* Visualize a perfectly formed naked female in your heart.

   Women: Visualize a perfectly formed naked male in your heart.
8. *Men:* Visualize yourself or a perfectly formed male in your sexual organs.

   Women: Visualize yourself or a perfectly formed female in your sexual organs.



9. Feel a powerful sexual attraction between the naked male and female. They begin to get sexually aroused, the male getting an erection, and the female's breasts expanding with nipples getting erect and vagina beginning to lubricate.
10. Mentally draw the sexually aroused male and female to the Cauldron in the center of your brain. They engage in any form of foreplay you like. Take your time and be as visual and graphic as you can be.
11. The male and female engage in sexual intercourse inside the Cauldron. Use your imagination to feel the movements of the male and female as they make love.
14. You might feel excess Sexual Energy overflow the Upper Cauldron and drip down to the Cauldrons below or all the way down to your sexual organs. If it does drip all the way down to your sexual organs, use the Yin-Yang Water Wheels to raise it back up to your head.

15. To finish, bring the Sexual Energy down to the Cauldron in the Lower Tan Tien and collect the Energy. (This is especially important for men. The Energy is too hot to keep in your head, you will keep getting sexually aroused.)

Have fun practicing. We will return to the Yin-Yang Water Wheel in Week Fourteen, the final week in this course. Next week you will learn about sexual massage.

Fusion of the Five Elements: Part 5

Basic Fusion—Wood, Metal, and Earth

Mind

This week you will finish learning the Basic Fusion formula. This is accomplished by drawing the three remaining Elements: Wood, Metal, and Earth to the Front Pa Kua, where you have already learned to collect the Fire and Water Element.

In the first five weeks of this course, I taught you a great deal about the Five Elements. You know for instance that the liver is the internal organ associated with the Wood Element, its color is green and its Collection Point is a three-inch sphere just to the right of the navel. The lungs are the internal organ associated with the Metal Element, its color is white and its Collection Point is a three-inch sphere to the left of the navel. The Earth Element's internal organ is the spleen, its color is yellow and its Collection Point is a three-inch sphere in the Lower Tan Tien or what we have been calling the Cauldron. This is almost all you have to know to do the Basic Fusion Formula. There is just one more piece of information about each of the elements that I want to give you. This correspondence is the temperature of the Element Energy.

Last week you learned to mix the hot Fire and cold Water Elements in the Cauldron until their temperatures blended together. Fusion of the Five Elements is concerned with blending and harmonizing the elements in the body. This helps to balance you out so that no one Element predominates in your body, keeping you out of balance.

Each of the elements, drawn from one of the five major internal organs into its Collection Point, has its own temperature. Wood is warm and moist (like a misty Spring day). Metal is cool and dry (like a crisp autumn afternoon).

Wood's warm and moist Energy and Metal's cool and dry Energy, balance out the extremes of the Fire's hot and Water's cold Energy. The Earth Element is neutral or mild and is more a reflection of the other Element's Energies, after they have been blended together in the front Pa Kua (or Star in Circle).

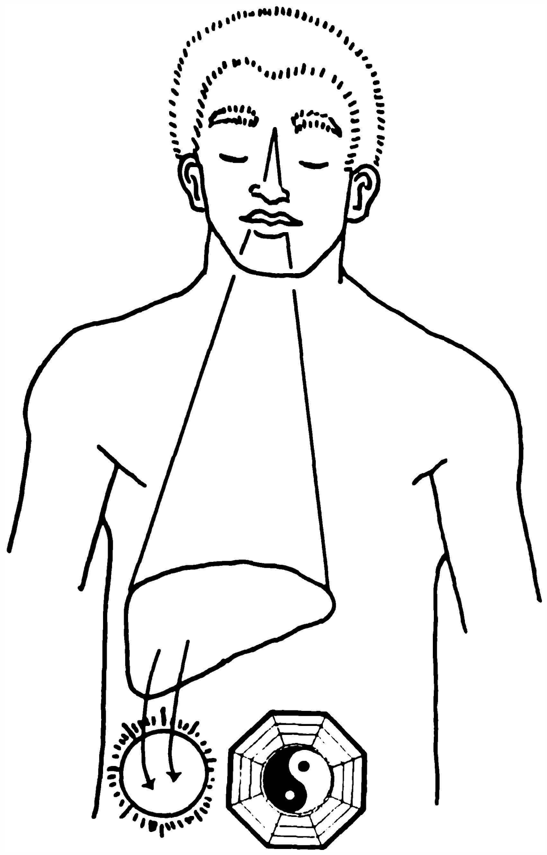
After first mixing the Fire and Water Elements in the Front Pa Kua, the Wood Element is drawn to its Collection Point to the right of the Front Pa Kua and the Metal Element is drawn to its Collection Point to the left of the Front Pa Kua. They are simultaneously drawn into the Front Pa Kua and mixed there, together with the blended Fire and Water Elements. Next the Earth Energy is drawn from the spleen into its Collection Point, which is a sphere formed in the Front Pa Kua itself. All the Energies are blended together in the Front Pa Kua.

The aim here is to feel harmony in the navel area. You will continue to draw Energy from the Fire, Water, Wood, and Metal Collection Points into the Front Pa Kua to maintain the mild balance, which is neither too hot, too cold, too moist or too dry. (You don't continue drawing in the Earth Energy, after initially drawing it in. The Front Pa Kua will automatically draw it in by itself.)

Put eighty percent of your concentration on the Front Pa Kua and five percent on the Fire, Water, Wood, and Metal Collection Points. Draw the Element Energy as necessary to maintain the mild blend of Energy. This is literally cooking inside your body. You can see right here why this process is called Internal Alchemy.

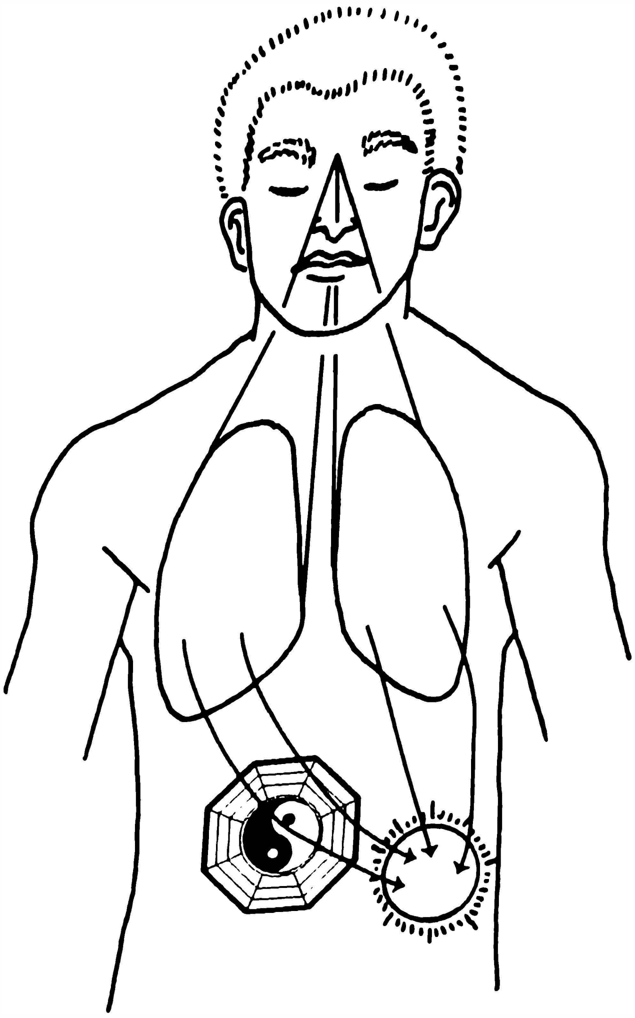
The next step is to form the back Pa Kua and spiral the Tai Chi Symbol (or center of Star) into the Cauldron at the Lower Tan Tien as you simultaneously spiral the blended Element Energy from the Front Pa Kua into the Cauldron to form a Pearl. Next, form the Left and Right Pa Kuas and spiral Energy into the Cauldron and finally form the Upper and Lower Pa Kuas and spiral Energy into the Cauldron. The Pearl is then guided into the Microcosmic Orbit, for a few rounds, and finally the Energy is collected in the navel.

1. Sit up in a chair with your hands clasped and the tip of your tongue raised to the roof of your mouth.
2. Smile into your eyes and do the Inner Smile.
3. Form the Front Pa Kua or Star in the Circle.
4. Do steps 4 through 20 from last week's Fusion of the Five Elements: Part 4—Water and Fire. Blend the hot Fire and cold Water Element Energy in the Front Pa Kua.
5. Put your concentration on your liver. Try to sense the warm and moist Energy of the Liver.



Step 9

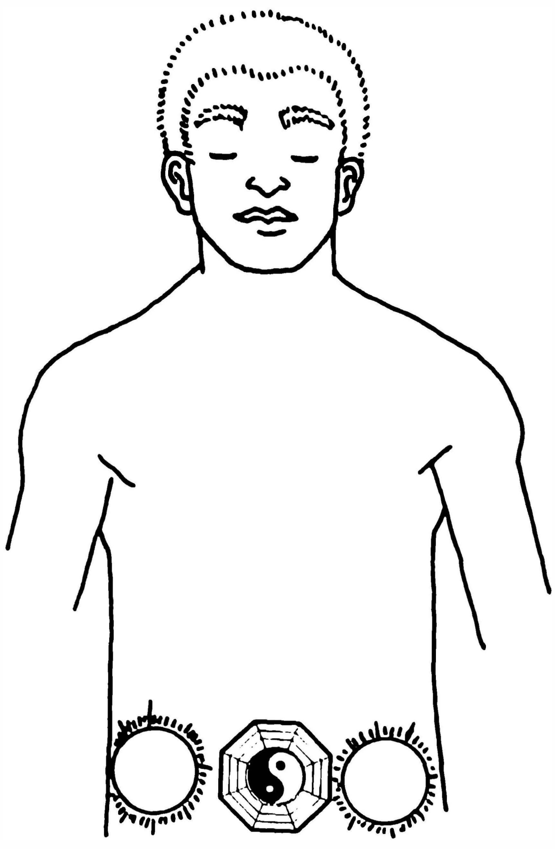
6. Do the Liver Healing Sound, Sh-h-h-h-h-h, at least three times.
7. Visualize the liver bathed in emerald green light.
8. Form the Liver Collection Point. It is a three-inch sphere on a straight line down from the right nipple to the right side of the navel.
9. Draw the warm and moist emerald green Wood Element Energy down to the Liver Collection Point. Feel the Collection Point fill with Wood Energy and glow with emerald green light and then leave it there.
10. Put your concentration on your lungs. Try to sense the cool and dry Energy of the lungs.
11. Do the Lung Healing Sound, S-s-s-s-s-s, at least three times.
12. Visualize the liver bathed in white or silvery white light.
13. Form the Lung Collection Point. It is a three-inch sphere on a straight



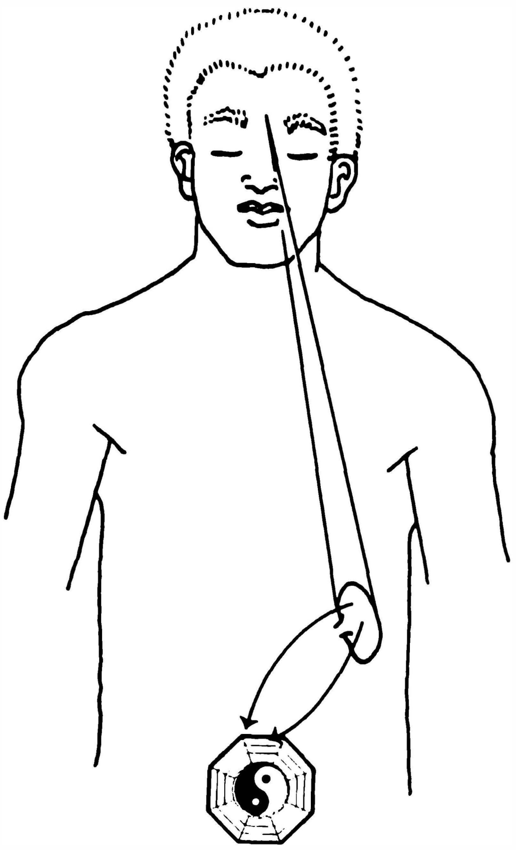
Step 14

line down from the left nipple to the left side of the navel.

14. Draw the cool and dry silvery white Metal Element Energy down to the Lung Collection Point. Feel the Collection Point fill with Metal Energy and glow with silvery white light.
15. Split your concentration in two, to the Liver Collection Point on the right and the Lung Collection Point on the left.
16. Spiral Energy from the Liver and Lung Collection Points into the front Pa Kua.
17. Mix and blend the warm and moist Wood Energy and the cool and dry Metal Energy with the already blended hot Fire and cold Water Energy.
18. Put your concentration on your spleen. The Earth Energy is neutral in temperature, not too hot, too cold, too warm too damp or too cool or too dry.
19. Do the Spleen Healing Sound, Wh-o-o-o-o-o-o, at least three times.



Step 15



Step 22

20. Visualize the spleen bathed in yellow or golden yellow light.
21. Form the Spleen Collection Point. It is a three-inch sphere inside the Front Pa Kua.
22. Draw the neutral yellow Earth Element Energy down to the Spleen Collection Point. Feel the Collection Point fill with Earth Energy and glow with yellow light. (It is simpler to draw the Earth Energy directly into the Front Pa Kua).
23. Mix and blend the Energies of the Five Elements together.
24. Put eighty percent of your concentration on the Front Pa Kua and five percent on the Fire, Water, Wood and Metal Collection Points (not the Earth Collection Point). Draw the Element Energy from any of the Four Elements (hot, cold, moist and warm or cool and dry) to maintain a mild blend of Energy in the front Pa Kua.

25. Visualize the Back Pa Kua, or Star in Circle.
26. Spiral the blended Five Element Energy from the Front Pa Kua (Star) into the Cauldron at the Lower Tan Tien as you simultaneously spiral Energy into the Cauldron from the Back Pa Kua (Star).
27. Form and spiral Energy from the Left and Right Pa Kua (Star) into the Cauldron.
28. Form and spiral Energy from the Upper and Lower Pa Kua (Star) into the Cauldron.
29. Condense the spiraling Energy to form a Pearl in the Cauldron.
30. Guide the Pearl into the Microcosmic Orbit. Do a few rounds. Roll your Eyes up and down (as in Turning the Yin-Yang Water Wheel) as if you could turn them 360 degrees, to help guide the Pearl.
31. Return the Pearl to the Cauldron from the Ming Men Point and Collect the Energy at the navel.

Four-Square Breathing: Part 5

C Breath

WE WILL CONTINUE MOVING up the body to the neck. There is nothing new about the technique you will be using, so this week's exercise should be simple for you.

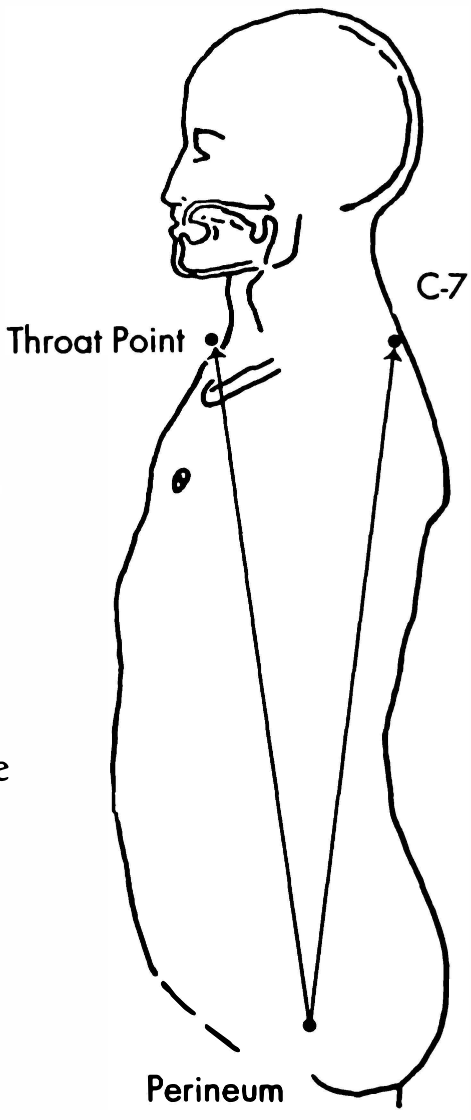
You will inhale a full Abdominal Breath and then aim Perineum Power to the V-shaped notch at the bottom of the front of your neck. Next, take a sip of air and aim Perineum Power to the large vertebrae at the bottom of the back of the neck (C-7). Next you will take another sip of air and aim perineum power to the left side of your neck and then another sip and aim toward the right side of your neck. Take one last sip and direct the Perineum Power toward both sides of your neck. Aim toward the bottom of your neck, where shoulder and neck meet, then let the Energy move up the sides of your neck and expand outward.

If you suffer from neck pain, this is one of the best exercises in the world. You are filling your neck with Energy (Chi) and breaking up the blockages that cause stiffness and pain in your neck and throat. You might experience all sorts of snap, crackles, and pops in your neck and skull when you practice.

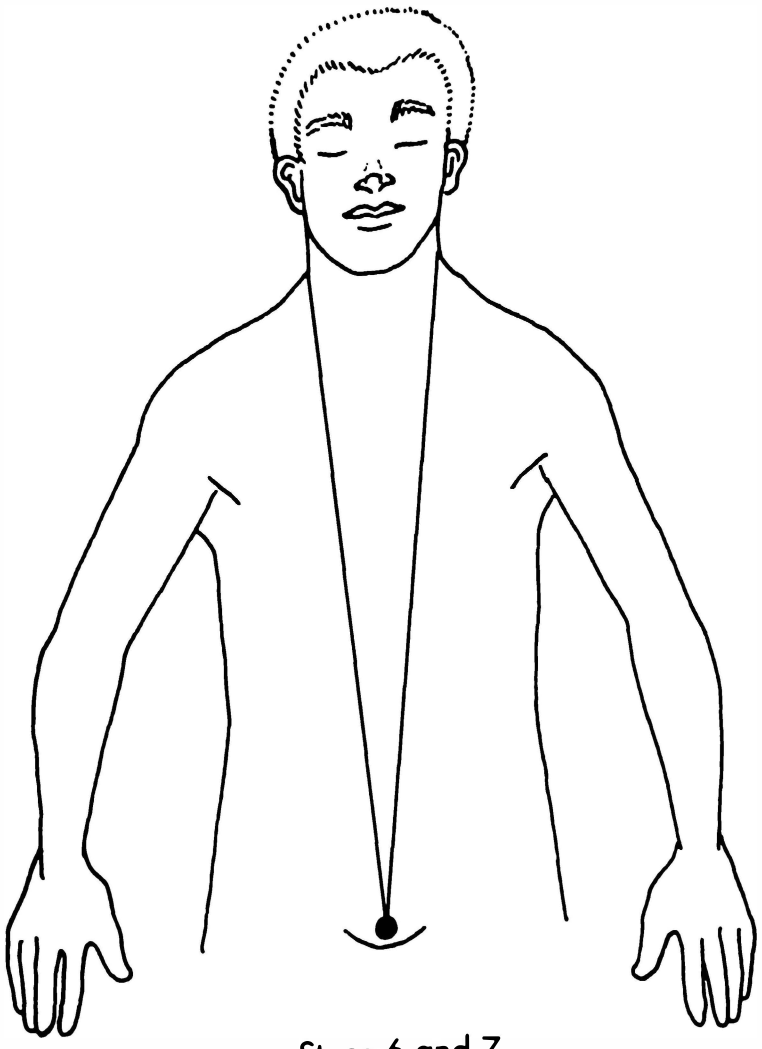
A word of warning though. Be careful with your throat. Make sure you are proficient with all the steps of Four-Square Breathing that I've taught in previous weeks. Don't squeeze your throat. Like last week, do not pull the front of your throat toward the back of the neck. This can cause injury. Just direct Perineum Power first toward the bottom of the throat and then toward the big vertebra at the bottom back of the neck. In this exercise, you should feel your throat expand on all four sides.

You can practice just this week's lesson or work your way through all the steps since Part 1 of Four-Square Breathing. You should be finding that as you move up the body, you can direct Energy to any point you want by just focusing on it. It takes just the slightest sip of air and the slightest aim of Perineum Power. A Taoist would say that your intention is getting stronger.

1. Slowly inhale an Abdominal Breath and expand your lower abdomen.
2. Take a small sip of air and direct Perineum Power toward the V-shaped notch at the bottom, front of your throat.
3. Take a small sip of air and put your concentration on and direct Perineum Power toward the large vertebra at the base of the back of your neck (C-7).
4. Take a small sip of air and direct Perineum Power toward the bottom of the left side of your neck. Feel the left side of your neck expand as if it were bulging outward toward your left side.
5. Take a small sip of air and direct Perineum Power toward the bottom of the right side of your neck. Feel the right side of your neck expand as if it were bulging outward toward your right side.
6. Take one more sip of air and simultaneously direct Perineum Power to both the left and right sides of your neck. Feel the Energy rise all the way up both sides of your neck and expand outward toward the sides of your body.



7. Round your shoulders as if you were holding an egg under your armpits. Turn out your elbows. Allow your shoulders to lower and drop toward the sides of your body.
8. Exhale slowly as you hold the pull.
9. Release the pull and begin again. Do at least three times per session.



Steps 6 and 7

Bone Marrow Breathing: Part 4

If you have been practicing regularly, you should be finding Bone Marrow Breathing getting easier and easier to do. In these final four weeks of practice, you will be learning how to breathe into your entire skeleton. This week we will learn to breathe into the scapula and collarbones.

As you learned last week, firmly establishing Bone Marrow Breathing in the hands and arms is the key to success in the practice. What you have been learning in the Sexual Kung Fu exercises will also lead to further success. The bones can store excess Sexual Energy. This week's Sexual Kung Fu exercise is actually a part of the Bone Marrow Breathing process. You will begin learning sexual massage which will stimulate the production of Sexual Energy (Jing Chi) for storage in your bones.

In Part Four of Bone Marrow Breathing, you will be learning to breathe into your scapula (shoulder blades) and clavicle (collarbones). You will now breathe into both arms simultaneously. First you will breathe up the arms and into both shoulder blades on the back side of the upper torso. Next, up the arms and into both collarbones, which are located on the front of the torso, running from each shoulder to the bottom of the throat. Finally you will breathe into both scapulae and clavicles simultaneously.

I'm going to give you a little tip to help your practice now. The Dragon and Tiger Cavities (Lao Kung) are located approximately in the center of the palm of each hand. You can locate them by bending the middle finger on each hand into the palm. The point where the tip of the middle finger touches the palm is the Dragon Cavity on the right hand and Tiger Cavity on the left (see figures on page 55).

This week we will begin Bone Marrow Breathing into these two points in the palm. They are quite possibly the most powerful points on your body for bringing Energy in and sending Energy out. You should almost instantly feel them when you put your concentration there. Next, you will add in the fingers, one by one, in the order I have taught you, starting with the index finger of each hand. Now that you already know how to breathe into your arms, this should help you to begin the Bone Marrow Breathing process much more rapidly than before.

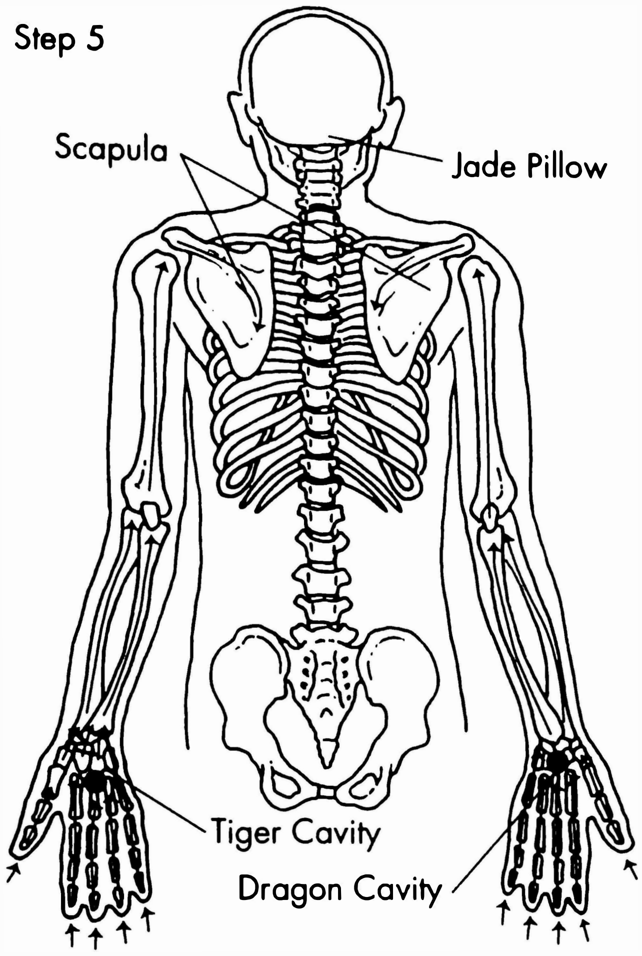
It might take awhile before you can feel the shoulder blades as easily as you can feel the fingers or bones in the arms. They are large, flat, triangular bones, next to your shoulders on the back side of your upper torso. In some of you this area might be perennially tight or painful. To get the Energy to move into your scapulae you should use the same technique of visualizing and guiding the Energy with your mind, as you learned last week. Being flat bones, breathing into the scapulae will stimulate the production of white blood cells.

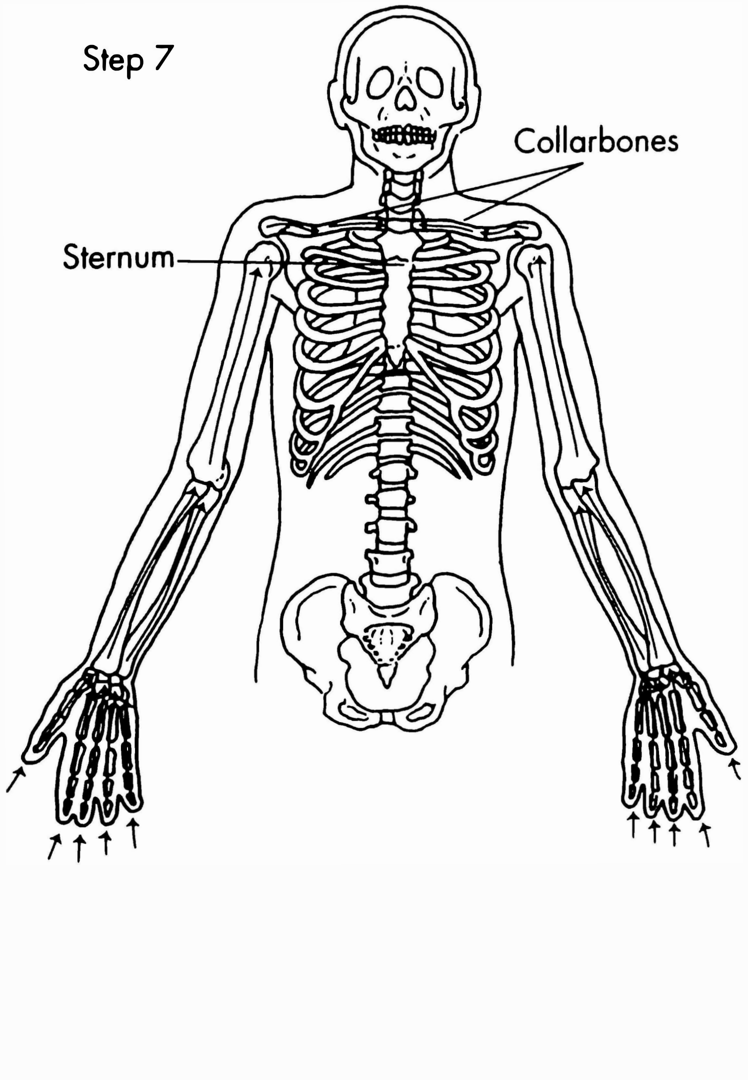
The collarbones should be relatively easy to breathe into. They are the bones directly under your neck leading out toward your shoulders. Again, visualize and guide the Energy.

When you get both the shoulder blades and collarbones breathing, your entire upper body will start to feel different. You will feel more relaxed and more alive at the same time.

1. Assume the Embracing the Tree or any other Standing Position you have learned, including sitting positions.
2. Begin breathing into the Tiger Cavity in the left palm and Dragon Cavity in the right. Feel the Energy going in and out of them for at least 30 seconds.

3. Move your point of concentration from the center of each palm to the tip of each index finger. Breathe into both index fingers, and then rapidly add the middle fingers, thumbs, ring fingers and pinkie fingers.
4. Breathe up through both hands, the radius and ulna of both forearms and the humerus of the upper arms to your shoulders. Breathe in and out of your arms for at least 30 seconds.
5. Breathe up both arms and direct the Energy into your shoulder blades (scapula). Feel the shoulder blades with your mind and guide the Energy into them. Breathe up and into the shoulder blades and then all the way down your arms and out your fingertips for at least 30 seconds.
6. Breathe up both arms and into the collarbones, guiding the Energy from your shoulders, across the top of your torso, to the V-shaped notch under your throat. Breathe into the collarbones and down your arms and out your fingertips for at least 30 seconds.
7. Breathe up both arms and into the shoulder blades and collarbones simultaneously. Do this, breathing in and then out the fingertips, for at least 30 seconds.





You might feel the Energy circle around from your shoulder blades into the collarbones or vice versa. You also might feel the Energy flow into the C-7 point, the large vertebrae at the back, base of your neck. This is all right. Avoid bringing the Energy up and into your head. I'll show you how to do that next week.

Standing Chi Kung

Jing Body

Lying Forms: Part 1

It might strike you as somewhat strange that there are lying down "standing" forms. But as Taoists we can overlook the oxymoron and concentrate solely on the practice.

These forms were probably first taught to convalescents and people too ill to get out of bed. They are effective for most chronic illnesses. They also can be used by those of us who just don't want to get out of bed. So don't think that just because you can't or don't want to stand up that you can't do the exercises in this book. I just took away that excuse.

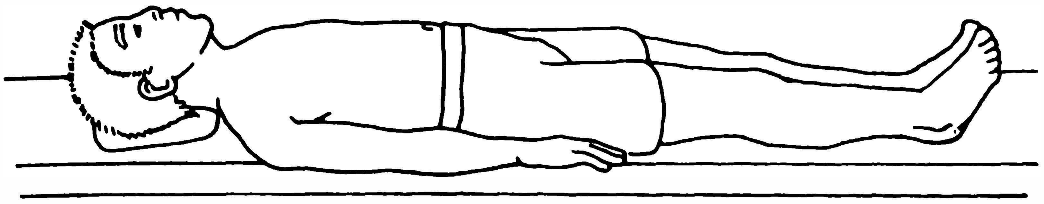
The Chinese literature says that for weak patients, a combination of Sitting and Lying Forms are better than just Lying Forms. Better still is a combination of Standing, Sitting, and Lying Forms.

There are two basic types of Lying Forms: Lying on the Back and Lying on the Side. Lying on the Stomach is not taught. This week you'll learn the Lying on the Back Forms.

Lying on the Back Forms are just what they sound like. You lie down on a bed, on the ground or any other flat surface, with a small or normal size pillow under your head. There are four variations. All of these forms are useful in and of themselves when doing meditation, or breathing exercises; I also list some specific applications from the Chinese literature.

A. Lying with Arms at Sides

1. Lie flat on your back with a pillow under your head.
2. Your legs are extended straight out, with your feet resting on your heels.
3. Your arms are stretched out by your sides.
4. Your fingers are slightly stretched apart on the bed with the tip of each thumb touching your hip.



5. Relax your shoulders and elbows.

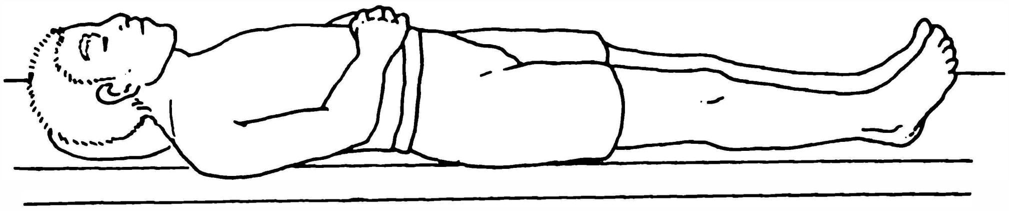
This form is especially recommended for Third Treasure Stilling the Mind (Emptying the Mind) meditations. It is also recommended for those suffering from nervousness or heart palpitations.

B. Lying with Hands Clasped on Abdomen

1. Lie down as above.
2. Keep your upper arms and elbows on the bed.
3. Men: Raise your forearms and put your left hand over your navel and cover it with your right hand.

   Women: Raise your forearms and put your right hand over your navel and cover it with your left hand.

This form is recommended when doing Abdominal Breathing. It is also recommended for fatigue and depression.



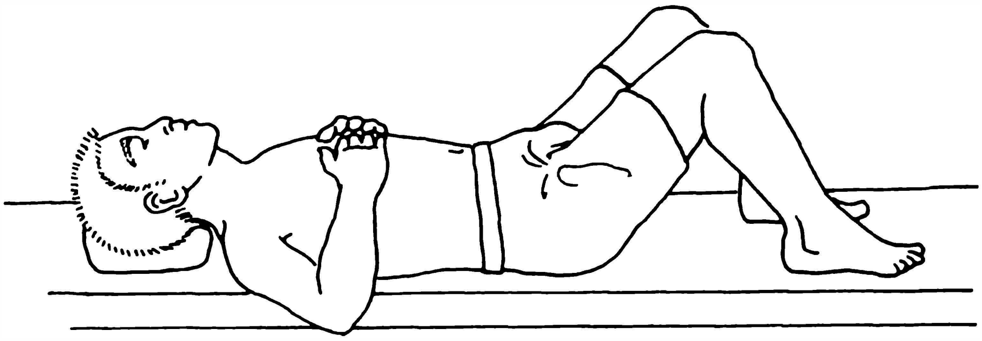
C. Lying with Hands Clasped and Feet Crossed

1. Lie as in Form B above, except cross ankles (left over right).
2. Change legs as you practice (right ankle over left).
3. Lower your eyelids (squint your eyes) and look just over your toes into the distance, with your eyes unfocused.

Also recommended for fatigue and depression.

D. Lying with Hands on Chest and Knees Raised

1. Lie flat on your back with your head resting on a pillow.
2. Your hands rest lightly on the upper part of your chest. Each hand on its respective side of the chest, palms down with fingers spaced apart.
3. Bend and raise your knees and keep your feet flat on the bed. Bring your feet about half the distance to your buttocks from the stretched out position.



4. Relax your whole body and imagine you are floating on water.

Recommended for disturbances of the autonomic nervous system.

Next week you'll learn how to lie on your side. Don't turn over until then (just joking).

Sexual Kung Fu

Bone Marrow Breathing—Sexual Energy Massage: Part 1

The Taoists found that Sexual Energy could be used to heal the organs and glands, rejuvenate the brain and help to open the Microcosmic Orbit. They believed that Sexual Energy is the same Energy that is found in the brain. They also found that Sexual Energy could be absorbed into the Bones, and thus is vitally important to the process of cleansing the marrow in the Bone Marrow Breathing process.

The Sexual Energy Massage is an integral part of Bone Marrow Breathing. It stimulates the production of Sexual Energy (Jing Chi) and releases this potent Energy into the body. It promotes the flow of blood in the genital region. It can keep prostate problems away from men and help alleviate menstrual problems in women. It also leads to the absorption of higher concentrations of sexual hormones into the brain which stimulate the higher brain functions of the pituitary and pineal glands. The Taoists believed that stimulation of the pituitary gland prevents the production of an aging hormone and thus helps to keep us feeling younger.

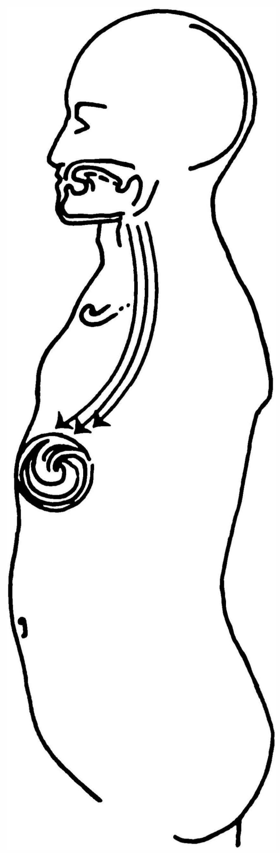
The Sexual Massage techniques are completely different for men and women, so we will cover them separately. For men the techniques involve massage of the sexual organ. For women it involves techniques for massaging the breasts.

Sexual Energy Massage for Men

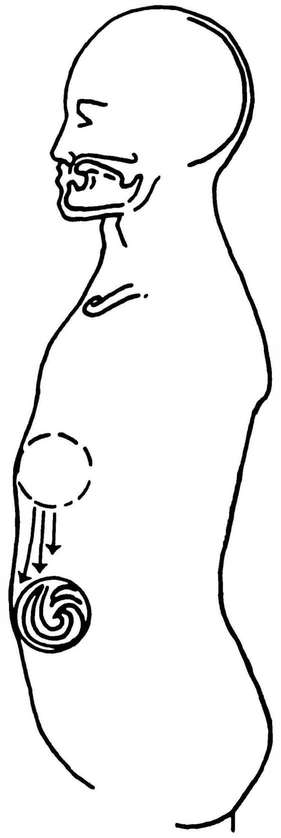
We begin the Sexual Energy Massage for men with techniques for massaging the testicles and the seminal ducts. Before doing any massaging, you should first direct Energy down into the testicles. A simple and effective method of doing this follows.

Scrotal Compression

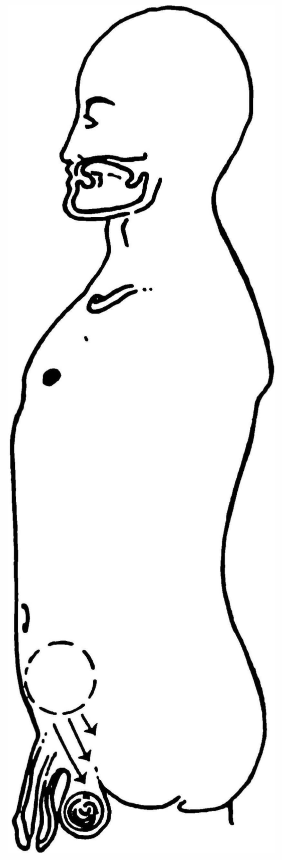
1. Inhale a full abdominal Breath, expanding the lower abdomen and filling the lungs from the bottom to the top, until it seems that you can't get any more air in.
2. Fill your mouth with air and swallow the air with a gulping sound and compress (push) Chi into your solar plexus area.
3. Swallow another breath of air and compress Energy (Chi) into your navel.



Step 2



Step 3



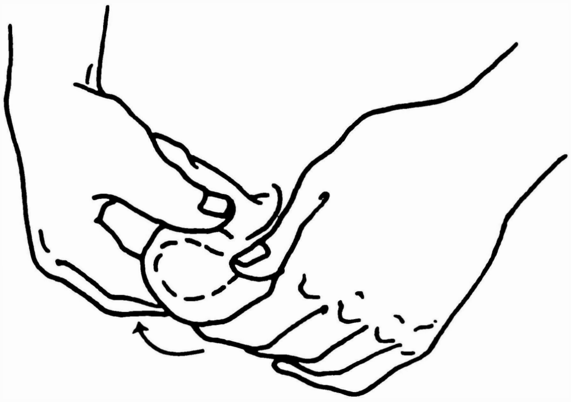
Step 4

4. Swallow a third breath of air and compress (push) Energy down into your testicles.
5. Squeeze your perineum and anus (but not your testicles) to prevent loss of Energy. Hold for 10 seconds then relax. Repeat two or three times.

Flooding the testicles with Energy, makes more Energy available for the massage. The basic idea here is to create more Sexual Energy (Jing Chi).

Massaging the Testicles with the Fingers

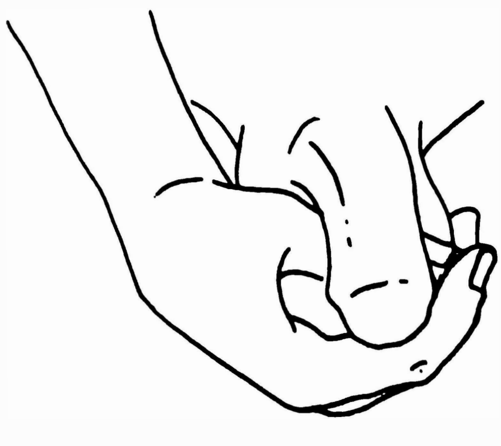
1. Hold your left testicle in the finger tips of your left hand. Your thumb is on top of the left testicle and the other fingers are on the bottom.
2. Massage the bottom of the left testicle with your index, middle and ring finger with small circular motions. Do both clockwise and counterclockwise.



3. Massage the top of the left testicle with small circular movements of your thumb. Do both clockwise and counterclockwise.
4. Repeat with the right testicle, or do both testicles simultaneously.
5. Hold a testicle in the fingertips of each hand, pull the testicles apart about an inch or so, and roll each testicle around in the fingertips in both directions.

Massaging the Testicles with the Palms

1. Do Scrotal Compression and compress Energy into the testicles and rub your palms together until they are hot.
2. Cup both testicles in the palm of either your right or left hand.
3. Circle the palm and testicles clockwise 9, 24, or 36 times. Do not squeeze.
4. Change hands and circle counterclockwise the same number of times as in step 3.
5. Sandwich both testicles between the left and right palm, pushing your penis out of the way.

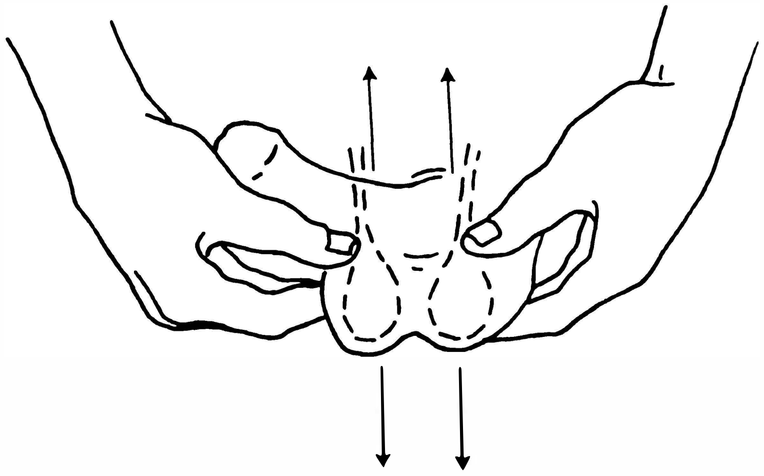


6. Gently massage your testicles between your palms.
7. Pull the testicles outward as they are sandwiched between the two palms, then let them slip out.

Massaging and Stretching the Seminal Ducts

The key to this exercise is in finding the seminal ducts. There are two of them, one attached to your left testicle and one attached to your right. They transport the sperm away from your testicles. They can be found on either side of your scrotum. Feel for them between your thumb and index or middle finger. They are thin and slippery, and might remind you of worms. These techniques will clear the seminal ducts (vas deferens) of any obstructions and blockages and generally strengthen them. Be gentle and you should be able to easily find them. When you do there are two basic techniques to use.

1. Massage up and down the ducts very gently, massaging between your thumb and index or middle finger.
2. Gently pull down on each duct to stretch them. Hold the duct just at the top of each testicle as you pull.



Sexual Energy Massage for Women

The primary female Sexual Energy massage is the Breast Massage. Massaging the breasts activates the Sexual Energy in the ovaries. Every egg cell in the ovaries is covered with thousands of fine, hairlike cilia. When a woman becomes sexually aroused, it is partially a result of these cilia starting to vibrate rapidly. This rapid vibration of the cilia is what causes feelings of Sexual Energy to begin to emanate from the ovaries. This stimulates your entire sexual region, including your clitoris. This in turn activates the Energy of other glands and organs in the body as the Sea of Ten Thousand Fathoms, your Sexual Energy rising, floods your whole body.

This week you will learn to Massage the Endocrine Glands with Sexual Energy. This massage will stimulate your endocrine glands and increases the production of Sexual Energy in the body to strengthen you in general, while aiding in the Bone Marrow Breathing process. The Endocrine Glands produce hormones that are sent directly into the bloodstream to regulate bodily functions, growth, and metabolism.

The pineal gland produces melatonin which regulates our biological cycles and acts like the body's time clock. It controls our inner vision and our ability to see auras. The Taoists teach that the pineal gland is the organ of enlightenment and that it produces the immortal body that will house the Spirit. It is the primary yang gland while the hypothalamus located just above it, is the primary yin gland. They both reside inside the Crystal Palace which also includes the thalamus and pituitary gland. If you connect the "male" pineal gland with the female hypothalamus this creates a tremendous balancing force in the body. I would advise you to review Week Ten Sexual Kung Fu, Turning the Yin-Yang Water Wheel, in light of this piece of information. Next time you visualize the male and female having intercourse in the Upper Cauldron (Crystal Palace), imagine that your pineal gland is the male sex organ and the hypothalamus is the vagina. The female is above and the male is below.

The pituitary gland or Third Eye, helps control the other endocrine glands, and our growth. The Taoists say it is where our Spirit resides. When stimulated, it has a positive effect on our ability to connect with our Original Nature (some would call this the ability to contact and communicate with our Higher Self or Knowledge).

The thyroid gland regulates our rate of metabolism, while the parathyroid controls the balance of calcium and phosphorus in the body. When both are stimulated, our ability to speak and communicate improves.

The thymus gland shrinks as we age. Taoists teach that this gland is key to the body's immune system functioning properly and is the gland of rejuvenation. When stimulated the thymus seems to expand and its functions improve. It is intimately related to the Heart Center which is the body's seat of love and compassion.

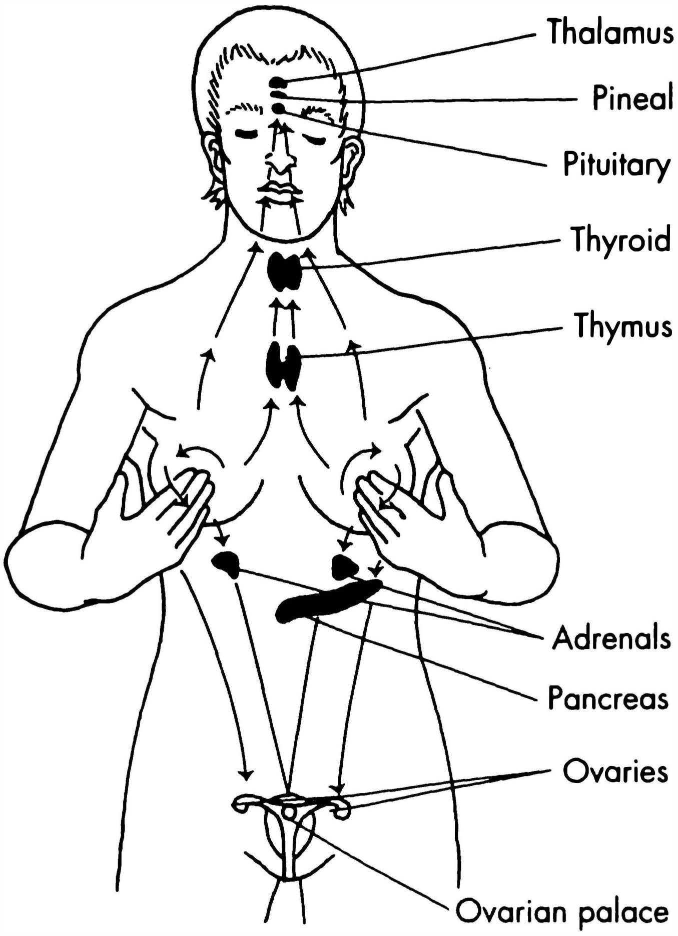
The pancreas produces hormones that regulate the blood-sugar level in our body. Traditional Chinese Medicine saw the pancreas and spleen as one organ and referred to it as the spleen. The spleen/pancreas regulates the Earth Element in the body. The Earth Element boosts the efficiency of the other four Elements (the four Elements are at home in the Earth).

The adrenal gland's prime function is to regulate the heart beat and control the "fight or flight" reflex. When stimulated, they help to pump Sexual Energy up the spine to the brain. This increases your sense of pleasure and arousal.

The ovaries are also endocrine glands.

Massaging the Glands with Sexual Energy

1. Begin seated. Raise the tip of your tongue to the roof of your mouth.
2. Inhale an Abdominal Breath. Lightly close the lips of your vagina and pull up on the left and right sides of your anus and direct Energy to your left and right nipples.
3. As you inhale, rub your hands together until warm.
4. Place the index, middle, and ring finger of each hand over your nipple. Right fingers over right nipple and left fingers over left nipple. The second joint of the middle fingers should be directly over the nipples. Cup the outside of your breasts with your palms.
5. Circle and massage each breast over and around the nipple, first circle outward and then reverse and circle inward.
6. You should start feeling your clitoris becoming aroused. The clitoris corresponds with the pineal gland. Feel Sexual Energy (sexual sensations) rise to the top of your head (the Crown Point). This is the location of the pineal gland as well as the hypothalamus and thalamus gland.
7. Return your attention to your breasts, continue massaging your nipples and move your attention to the pituitary gland in the Third Eye region just behind and slightly above the bridge of your nose. You might feel some pressure in your forehead.
8. Return your attention to your breasts bringing with it the combined Energy of the pineal and pituitary glands. Continue massaging your nipples and move your attention and the Sexual Energy to the thyroid and parathyroid glands in your throat. Feel these glands expand as if they are blossoming.



9. Return your attention to your breasts bringing with it the combined Energy of the pineal, pituitary, thyroid and parathyroid glands. Continue massaging your nipples and move your attention and the Sexual Energy to the thymus gland underneath the upper part of your breastbone. Feel your thymus gland expand as if it was blossoming.
10. Return your attention to your breasts, bringing with it the combined Energies of all the glands. Continue massaging your nipples and move your attention and the Sexual Energy to the pancreas which runs across the middle of your torso just below the solar plexus.
11. Bring the combined Energy (Chi) from the pancreas and other glands back to your breasts and continue massaging your nipples. Put your attention (Yi Mind) on your adrenal glands, which sit on top of your kidneys at the bottom of the back of your rib cage. Feel the adrenal glands activate and bring this Energy up to your breasts.
12. Combine all the gland Energy around your breasts. Bring this Energy back to your ovaries and use the Yin-Yang Water Wheel to circulate the Energy as previously learned. (I leave it up to you how much of this part of the practice you want to do.)
13. You can further stimulate your clitoris, if you so desire.

For all you guys who are thinking you are losing out on a great exercise, you can do this exercise by substituting massaging the tip of your penis for massaging the breasts, and sending Energy to the testicles instead of to the ovaries. Focus on the Energy going to the glands from the head of your penis, stimulating and eventually combining the gland Energy and returning it to the head of your Jade Stalk.

Fusion of the Five Elements: Part 6

Connecting the Senses and the Organs

Connecting the Senses and the Organs is one of my favorite parts of the Fusion of the Five Elements practice. This week we take what you learned in last week's Fusion exercise and add one more step. This new step will involve information already familiar to all of you. We will connect the internal organ with its corresponding external organ before we draw the Energy to the Collection Point. You basically learned how to do this in the Third Treasure Element exercises in Weeks One through Five of this book.

Each of the five major internal organs corresponds to an external sense organ. The kidneys correspond with the ears, the heart with the tongue, the liver with the eyes, the lungs with the nose and the spleen with the mouth (lips).

This formula is done by mentally connecting the external sense organ with the internal organ. The Taoists say that when the ears can return to the kidneys, they feel calm and at home. To accomplish this listen down to your kidneys until the connection is felt, then lower this Energy to the Kidney Collection Point at the perineum.

Mentally connect the heart and the tongue and the tongue will feel at home and calm down. Your powers of speech should improve. You can learn to control your tongue by harmonizing the Energy of your heart. This will lead you to talk sensibly and sensitively. You should work at building people up with your speech, not tearing them down. Once you can feel the connection between the tongue and the heart (it might feel like a number of cables running from your tongue to your heart), bring the Energy to the Heart Collection Point.

The next step in the process is to draw the Water Energy from the Kidney Collection Point and the Fire Energy from the Heart Collection Point into the front Pa Kua.

The liver is connected with the eyes. Mentally draw the eyes into the liver, and the eyes will calm down and feel at home. The liver is the storehouse of the Wood Element. The Wood Element corresponds with Spring. This means that in the spring, your liver and eyes will tend to be at their weakest. The same is true for all the other organs as well. In their season, they are at their weakest. They should be protected by doing extra internal exercises for the organ to strengthen it during its season. Use the Healing Sounds, the Inner Smile, Hair Breathing and the Element exercises as well as Fusion of the Five Elements to accomplish this.

Once you feel the connection between your eyes and your liver, draw the Energy to the Liver Collection Point to the right of the Front Pa Kua.

The nose feels calm and at home when it is drawn into the lungs. When you feel the connection, draw the Metal Energy to the Lung Collection Point to the left of the Front Pa Kua. This is real Energy that is being produced and collected here. It is not based on suggestion and visualization alone.

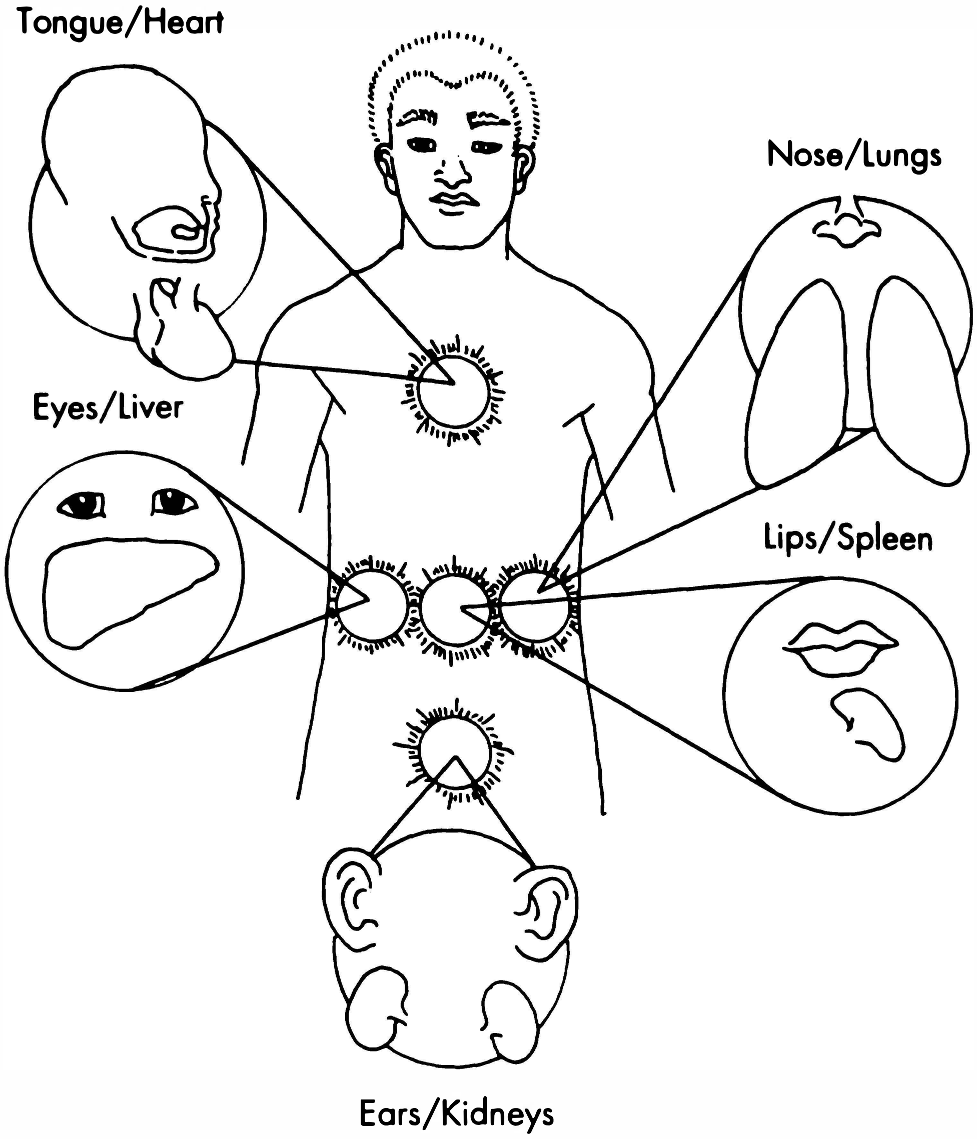
The next step is to draw the Wood and Metal Energy from their respective Collection Points into the Front Pa Kua. There to be mixed and harmonized with the Fire and Water Energy.

Bring your mouth to your spleen. Your lips feel calm and at home in the spleen. Although its function is not that well understood in the West, the

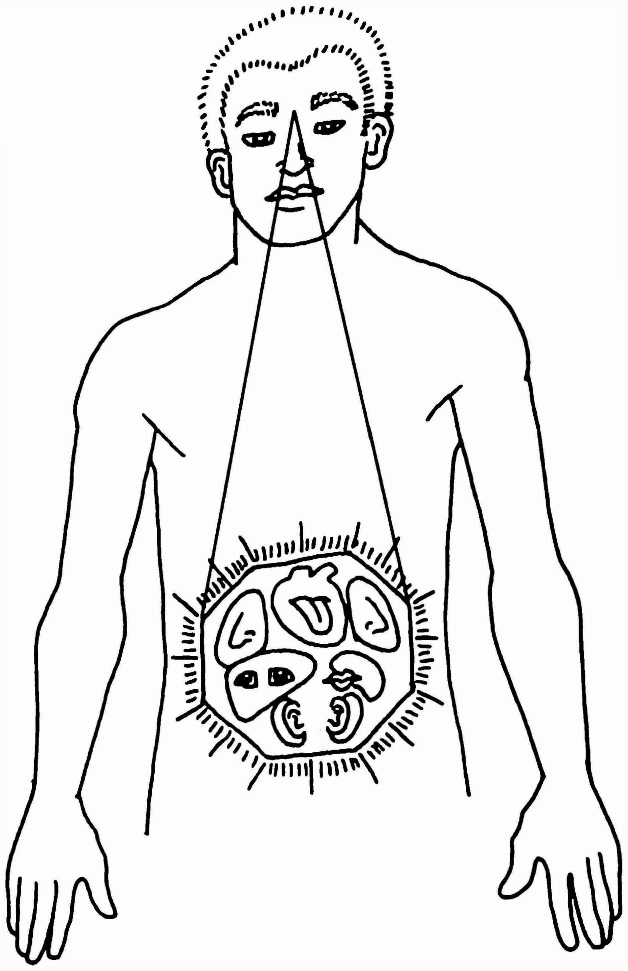
Taoists believe that the spleen is important for resistance to disease, to maintain our appetite and to give us Aura Energy. The Earth Element strengthens and nurtures all the other elements. This is why the Front Pa Kua is the Collection Point of the Earth Element. All the other elements feel at home in the Earth Element.

Once you can feel the connection between your mouth and your spleen, draw the Earth Element directly into the Front Pa Kua and blend the Energy of all Five Elements together.

1. Sit up in a chair with your hands clasped and the tip of your tongue raised to the roof of your mouth. Visualize your body surrounded in turn by each of the five colors of the Elements. Start with red. Then yellow, white, blue, and green.
2. Smile into your eyes. (You can do the entire Inner Smile practice including front, middle, and back line.)
3. Form the Front Pa Kua or Star in the Circle.
4. Listen down to your kidneys. Feel the connection between your ears and your kidneys.
5. Visualize the kidneys bathed in sapphire blue (or shiny black) light and draw the Water Energy of the kidneys down to the Kidney/Water Collection Point at the perineum.
6. Feel the connection between your tongue and your heart.
7. Visualize your heart bathed in red light and draw the Fire Energy to the Heart/Fire Collection Point in the center of your chest.
8. Divide your concentration in two and simultaneously spiral and draw the Energy from the Kidney/Water and Heart/Fire Collection Points into the Front Pa Kua (Star) and blend them there.
9. Look inwardly toward your liver and feel a connection between your eyes and your liver.
10. Visualize your liver bathed in Emerald Green light and draw the Wood Energy to the Liver/Wood Collection Point to the right of the Front Pa Kua (Star).
11. Feel the connection between your nose and your lungs.
12. Visualize your lungs bathed in silvery white light and draw the Metal Energy to the Lung/Metal Collection Point to the left of the Front Pa Kua (Star).



13. Divide your concentration in two and simultaneously spiral and draw the Energy from the Liver/Wood and Lung/Metal Collection Points into the Front Pa Kua (Star) and blend them there with the already blended Fire and Water Energy.
14. Feel a connection between your lips and your spleen.
15. Visualize your spleen bathed in golden yellow light and draw the Earth Energy directly into the Front Pa Kua (Star) and blend it with the Energies of the other four elements.
16. Visualize the Back Pa Kua (Star).
17. Spiral the blended Five Element Energy from the Front Pa Kua (Star) into the Cauldron at the Lower Tan Tien as you simultaneously spiral Energy into the Cauldron from the Back Pa Kua (Star).



18. Form and spiral Energy from the Left and Right Pa Kua (Star), into the Cauldron.

19. Form and spiral Energy from the Upper and Lower Pa Kua (Star), into the Cauldron.

20. Condense the spiraling Energy to form a Pearl in the Cauldron.

21. Guide the Pearl into the Microcosmic Orbit. Do a few rounds. Roll your Eyes up and down (as in Turning the Yin-Yang Water Wheels) as if you could turn them 360 degrees, to help guide the Pearl.

22. Return the Pearl to the Cauldron and Collect the Energy at the navel.

week twelve

C

Breath

Four-Square Breathing: Part 6

WHEN YOU LEARN TO do Four-Square Breathing into the arms, you will be moving on to a new dimension of Taoist breathing technique, that I have only briefly mentioned up till now.

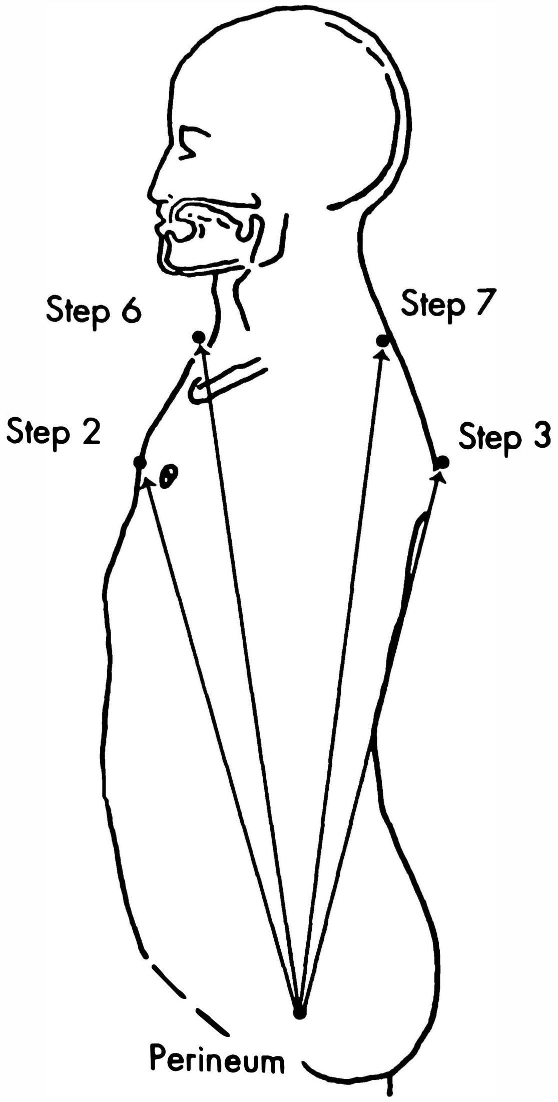
Up to a certain point in this week's lesson the technique is basically the same as what you have learned. But when you send the Energy into your arms, instead of taking a sip of air, you will instead, hold your breath and direct the Energy down your arms to your fingertips, using your mind alone. I first introduced this technique in Week Ten Bone Marrow Breathing: Part 3, for moving Energy through numb sections of your bones. But I didn't describe it there in detail.

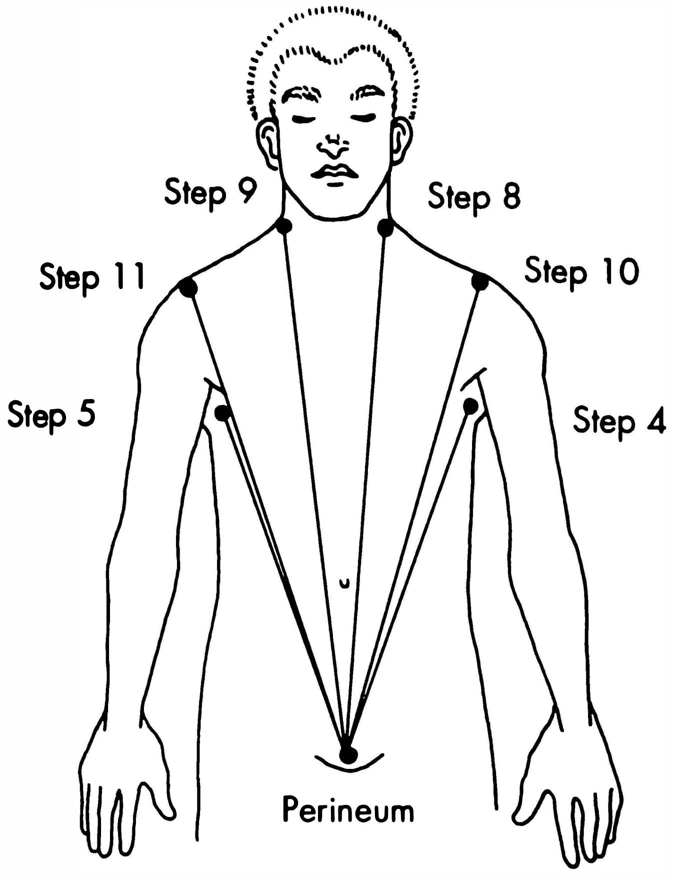
To the Taoists, this was the highest form of breathing. They generally referred to it as Pre-Natal or Embryonic Breathing. This refers to the way Energy circulates in a fetus in its mother's womb. The fetus obviously can't breath air while floating in amniotic fluid, but the Energy circulates in its body freely and unobstructed anyway. Once we are born, and begin breathing we slowly lose the ability to move Energy freely inside our body, until most of us can't do it at all. That is part of what this training is all about, restoring this lost ability.

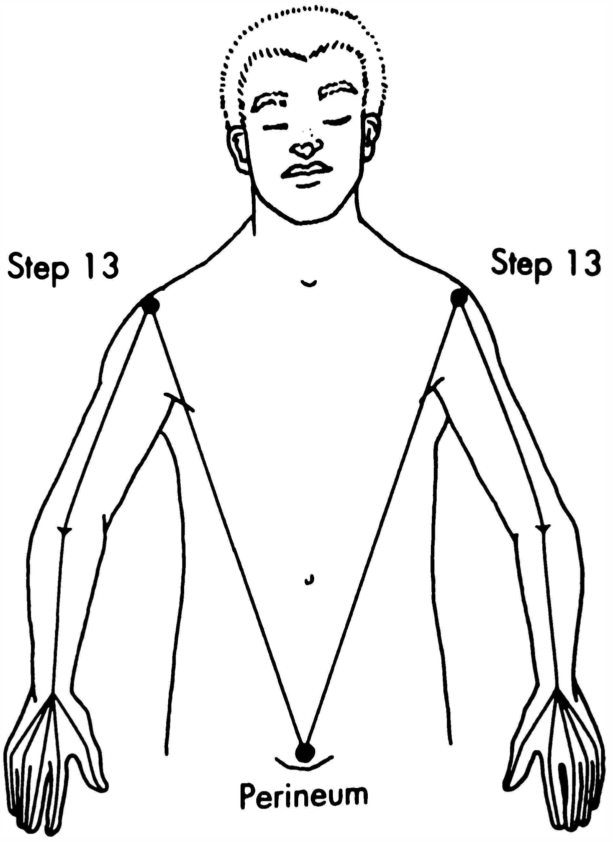
Sometimes, when students learn new techniques, they are suddenly flooded with memories, or feelings that somehow they knew this technique in the past, but can't imagine how. The answer is simple. When you were young, maybe very young, your body could do this. We all could do Embryonic Breathing in the womb. As young children our Energy circulated freely in all our Energy Meridians. As we aged we just lost this ability and forgot what it felt like. You could be remembering back to a time when you were still nonverbal and there were no words in your head to describe what you were feeling. If you do reestablish this type of internal contact, the emotional rush might seem almost overwhelming at first. Don't worry. It's a good thing. Keep up with the practice and you will get over it. Fusion of the Five Elements is good for this.

To do this week's exercise, you will begin by first doing Four-Square Breathing into the Heart Center, T-11 and underarms as you learned in Week 10. Next do last week's lesson, breathing into the front, back and sides of the neck. You will then take a sip of air and direct Perineum Power to the top of you left shoulder and another sip of air and direct Perineum Power to the top of your right shoulder. You will then hold your breath and use your Intent or Yi Mind to direct Energy down your arms and into your hands and fingertips.

1. Slowly inhale an Abdominal Breath and expand the lower abdomen.
2. Take a small sip of air and direct Perineum Power toward the center of your sternum (breastbone).
3. Take a small sip of air and direct Perineum Power toward the Gia Pe Point (opposite the Heart Point) on the spine.
4. Take a small sip of air and direct Perineum Power toward your left underarm area.
5. Take another small sip of air and direct Perineum Power toward your right underarm.
6. Take a tiny sip of air and direct Perineum Power toward the V-shaped notch at the bottom, front of your throat.
7. Take a tiny sip of air and direct Perineum Power toward the large vertebra at the base of the back of your neck (C-7).




Step 9
Step 8
Step 11
Step 10
Step 5
Step 4
Perineum


Step 13
Step 13
Perineum

8. Take a small sip of air and direct Perineum Power toward the bottom of the left side of your neck.
9. Take a small sip of air and direct Perineum Power toward the bottom of the right side of your neck.
10. Take a small sip of air and direct Perineum Power toward the top of your left shoulder.
11. Take another small sip of air and direct Perineum Power to the top of your right shoulder.
12. Round both shoulders as if you were holding an egg under each armpit.
13. Hold your breath and pull up on your perineum and mentally direct Energy down both arms simultaneously, all the way down to your fingertips.
14. Mentally bring the Energy back up your arms to your shoulders.

15. Exhale, holding the pull on your shoulders and then relax.
16. Start out with only one or two repetitions and increase the number as you feel able.

At first you might feel directing Energy with your mind alone, to be exhausting. With practice, this will quickly pass. As you get better at moving the Energy up and down your arms, you can go up and down a few time while holding your breath, before you exhale.

Bone Marrow Breathing: Part 5

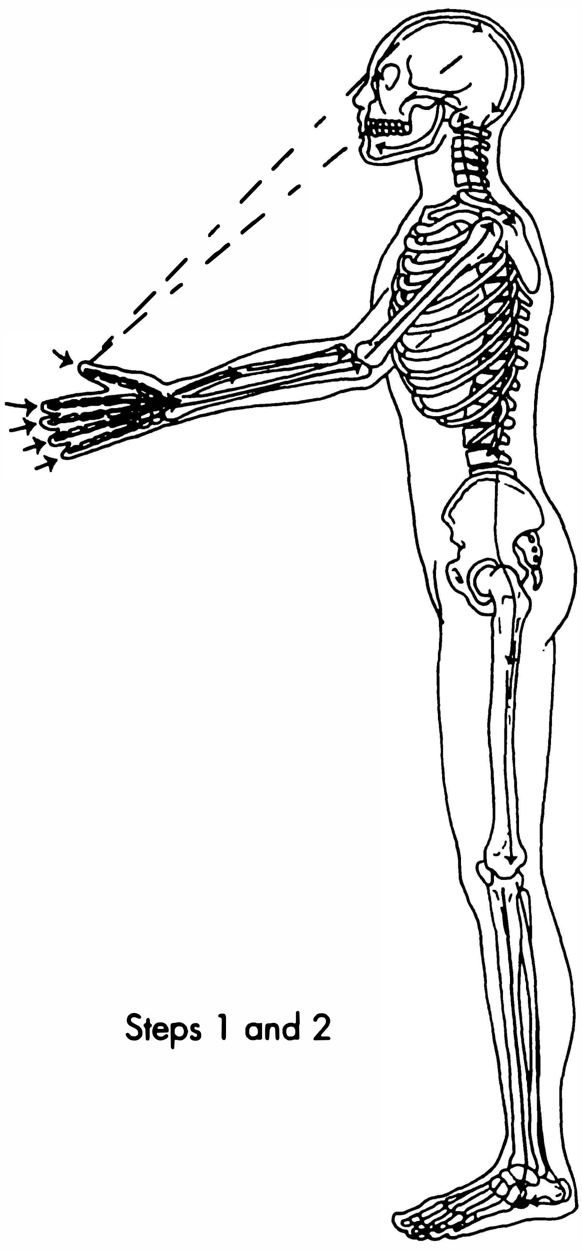
This week we pick up the pace considerably, as we learn to breathe into the skull and down the spine, into the hips, legs, feet, and toes. If you have been practicing, none of this should pose a problem for you. As I have been telling you, the more you practice Bone Marrow Breathing, the easier it gets.

You will be moving Energy into a lot of bones this week. I suspect that for some of you, initially you might have no feeling in some bones at all. You know you are making progress when you can suddenly quite distinctly feel one of your bones that previously you couldn't really feel at all.

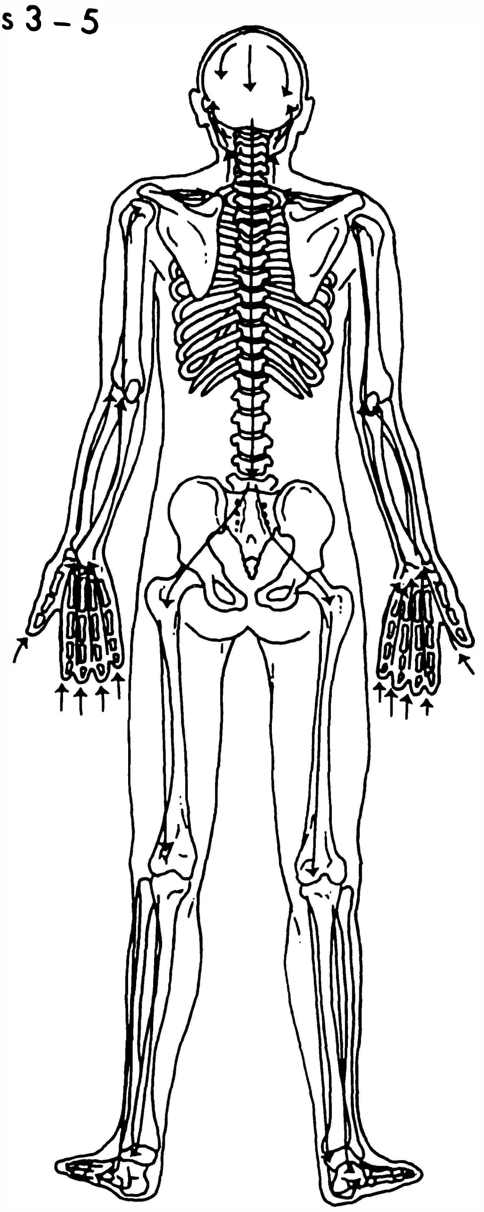
For years, I had problems with my right hip. When I tried to, I couldn't really feel my hip, although, of course, I knew it was there and I could touch it. I couldn't feel its outline with my mind, it just felt tight and numb. One night while practicing Bone Marrow Breathing, it was as if I could suddenly see inside myself and there was my right hip. I could now feel the whole bone. It felt hard but also weak and porous. As I concentrated on my hip bone, it seemed to start sucking Energy into itself and the quality of the bone started changing. It felt denser and less brittle. At first it felt like balsa wood, but soon it was starting to feel like mahogany. It felt like a part of me had come back to life. I remembered that when I was a child I could feel all my bones, but no one ever taught me a good reason why I would want to. At least not until I studied the Tao.

These are the kinds of changes that Bone Marrow Breathing can bring about. This is one of the best exercises you could ever do to maintain your health.

1. Do the Bone Marrow Breathing that you have already learned, up the fingers, hands and arms and into the shoulder blades and collarbones.
2. Inhale and bring the Energy through the shoulder blades and collarbones, on both sides, up to your neck.
3. Bring the Energy up the front of your throat, into your jaw, up over your face to the top of your skull.



Steps 1 and 2



Steps 3 – 5

4. Exhale and the Energy descends down and around the back of your skull, into the back of your neck and all the way down your spine.

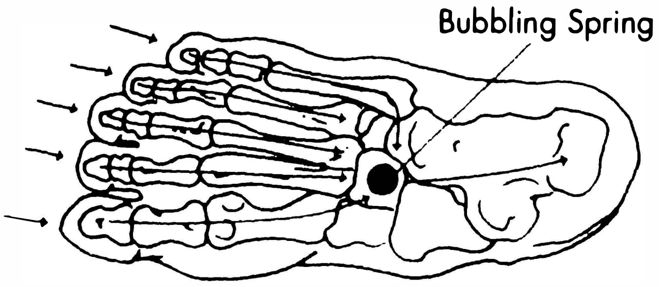
5. When the Energy reaches your sacrum, it splits in two and runs into both hips and then descends down both legs to the Bubbling Spring Point on the bottom of each foot, behind the ball of the foot.

6. Breathe in and out of Bubbling Spring Points on each foot for about 30 seconds.

7. Begin breathing in and out of the toes. Start with the big toe of the left foot. Breathe in and out of the big toe, then move on to the second toe, then third toe, fourth toe and finally pinkie toe. Do each toe one by one.

8. Repeat for the right toes.

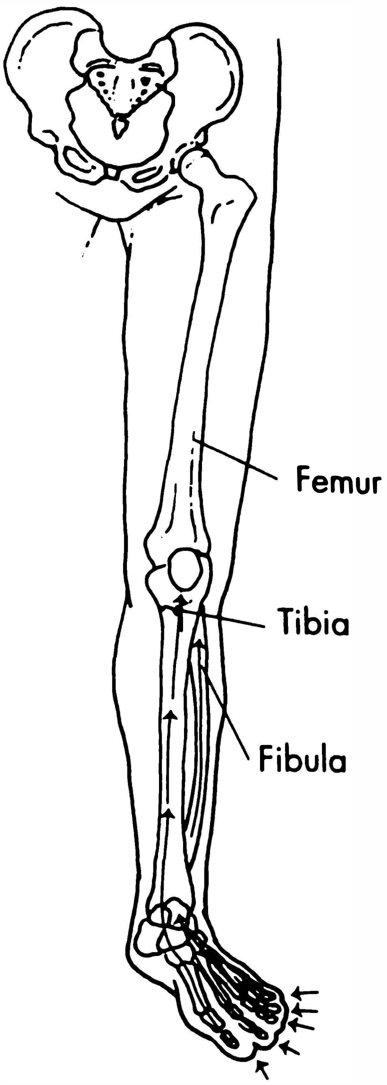
9. Breathe in and out of all the toes simultaneously. Bring the



Energy up your feet to your ankles before you exhale. Do this for 15 – 30 seconds.

10. Breathe in up the tibia and fibula bones of the calf, all the way up to your knees, then exhale out your toes. Do this for 15 – 30 seconds.
11. Breathe in through your toes all the way up your leg and into the femur bone in your thigh. Then exhale all the way down your legs and out your toes. Do this for 15 – 30 seconds.
12. Breathe in through your toes, all the way up your leg and into your left and right hip bones. Exhale all the way down and out your toes. Do this for about 30 seconds.

As you practice, you might find the Energy start to move around on its own as it seeks to fill all your bones. It might move up the spine and into the ribs and sternum. This will complete your skeleton. Next week you will learn how to guide it there.



Standing Chi Kung

Lying Forms: Part 2

Jing Body

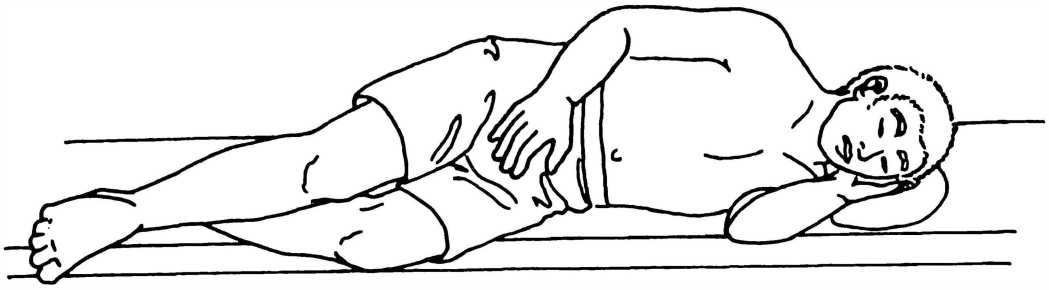
The final Lying Form is Lying on Your Side. This is an important form. Historically it can be traced back in time about a thousand years to the Northern Song Dynasty (A.D. 960–1127). Its founder was a Taoist adept named Chen Huashan. He supposedly spent years meditating on Mount Huashan, a famous Taoist site, from which he derived his name. According to legend, he eventually became an immortal.

Chen Huashan wrote down and illustrated his *Twelve Forms of Lying Exercise*. Luckily for us, all the 12 forms are identical. At least the position of the body was identical. The 12 forms actually consisted of different Taoist meditations and Internal Alchemy.

The form itself is quite simple. Chen Huashan's 12 forms were all on the right side. It is generally advised to lie on the right side, to take stress off the heart, which is on the left side. (But you can lie on your left side if you wish, as shown in the following illustration.)

1. Lie on your right side.

2. Use a pillow. Place your right hand under your head and rest your head on it.
3. Your left arm rests along the length of the raised left side of your body, with your left hand resting on your left thigh, or over your groin area.
4. The right knee is bent with your right foot tucked under your left calf.
5. Your left leg (the raised leg) is stretched out straight.



The Chinese literature recommends this form for those suffering from neurosis and depression. It can be used when doing any of the Third Treasure exercises.

Tao Masters could do their exercises as they lay in bed. They could do them in their dreams. This is just what Chen Huashan's Twelve Forms were all about. I'll list them here. You should find that you are now familiar with many of them: 1—Subduing the dragon and tiger (sexual desires); 2—Tempering the soul; 3—Harmonizing Vital Energy (Chi); 4—Transmitting yin and yang; 5—Maintaining yin and yang in equilibrium; 6—Cultivating the fire; 7—Watching the furnace to heat the cauldron; 8—Preserving Essence (Jing) in the body; 9—Resting calmly with horses and monkeys (emotions) tethered; 10—Searching for elixir; 11—Awakening to truth; 12—Gaining immortality.

Try doing some internal exercises as you lay in bed. I started doing them myself, many years ago when I was going through a period where I wasn't sleeping well. I would just focus on an Energy Center like the Lower Tan Tien, solar plexus, Heart Center or Bubbling Spring. In a very short time, I realized that this was the most effective means I had ever found for gaining the ability to direct Energy anywhere in my body I wanted it to go. In a semi-sleep state, there was less mental resistance to controlling my Energy.

I found that the best time to do these exercises was early in the morning. I can't really say whether I was awake or not. In effect, I was programming my unconscious mind, so that in a waking state when I directed Energy inside my body it flowed there almost automatically.

This is how to begin doing Taoist Dream Yoga. Try to get yourself to wake an hour before you usually do. Then just focus your mind on any Energy Center in your body as you drift back into sleep. With a few days practice, you'll start drifting in and out of sleep and remembering to focus on an Energy Center. If this works for you, you'll soon be able to do a lot of your Taoist Yoga in the dream state. If not, don't worry about it. Dream Yoga is not for everybody.

You can also try it when you're going to sleep. Focusing on the Bubbling Spring might lead you right into a dream state. You should have interesting dreams. Maybe you'll even get a visit from an immortal. You never know!

Sexual Kung Fu

Bone Marrow Breathing—Sexual Energy Massage: Part 2

The Sexual Energy that is raised when doing the Sexual Energy Massage can be absorbed directly into the bones. Try doing Bone Marrow Breathing after a Sexual Energy Massage and you should notice how much more powerful the exercise feels. Your bones can store Sexual Energy. Taoists believed that one of the reasons bones get weak as we age, was the body's depletion of Sexual Energy (Jing Chi). This is one of the main reasons why the preservation of Essence (Jing), of which Sexual Energy is the body's most potent form, is so important to the Taoist practices.

The Sexual Energy Massage techniques will build up your supply of Sexual Energy. The body's main storehouse of Sexual Energy is the kidneys. It can also be stored in the brain and in the bones. Turning the Yin-Yang Waterwheel, is an effective means for raising Sexual Energy to the brain. Bone Marrow Breathing allows you to store Sexual Energy in the bones. To some extent, all the organs benefit and can absorb some Sexual Energy through the Sexual Energy Massage. Sexual Energy is the Energy of Life. The Taoists knew this and as you can see, they used Sexual Energy in ways never dreamed of in the West.

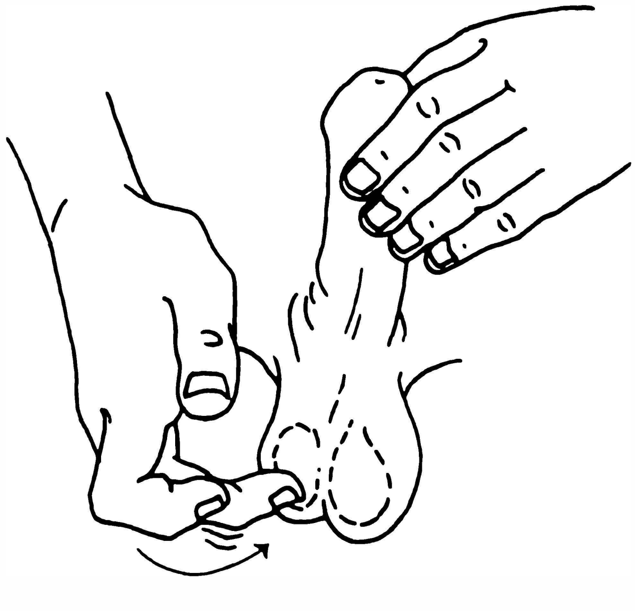
Just imagine, using Sexual Energy to strengthen your bones, regenerate your marrow, burn out the fat and increase your red and white blood cells. You could sit on that rock for a thousand years and not come up with this. I tell you, you can't make this stuff up.

Sexual Energy Massage for Men: Part 2

This week you will learn three more Sexual Energy Massage techniques.

Tapping the Testicles

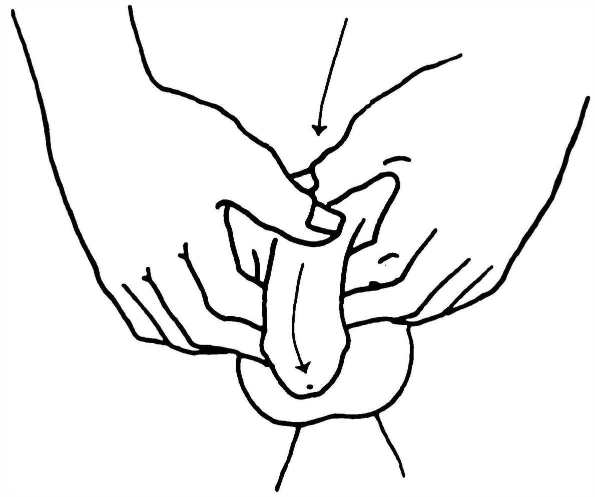
This exercise is used to stimulate the testicles, improve blood circulation and increase sperm production.



1. Assume a Standing position with your lower body unclothed.
2. Inhale and direct Energy (Chi) directly into both testicles.
3. Hold your breath, clench your teeth and contract your perineum and anus while gently pulling up on your testicles.
4. Hold your penis out of the way, and use your middle finger to lightly tap the left testicle for 10 to 15 seconds.
5. Exhale and relax, then repeat for the right testicle.

Massaging the Penis

This exercise is designed to clear Energy blockages from the penis, improve blood circulation and increase the muscle tone.

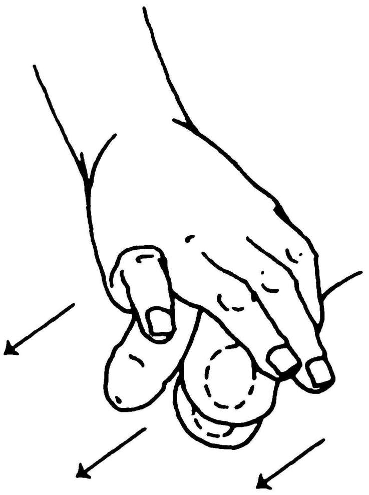


1. Rub your hands together until they are hot.
2. Hold your penis in both hands with your thumbs on the upper surface of the shaft.
3. Massage the penis, with both thumbs, down the left side of the penis, from the base of the shaft to the tip and then back.
4. Massage the penis with both thumbs down the right side of the penis, from the base of the shaft to the tip and then back.

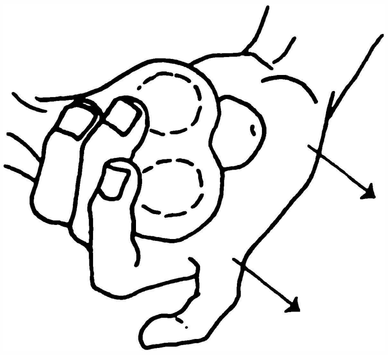
5. Massage the penis with both thumbs down the center of the penis, from the base of the shaft to the tip and then back.

Stretching the Penis and Testicle Tendons

The Taoists teach that all the body's tendons are connected at the sexual organs. By stretching your penis and scrotum (the sac holding the testicles), you are in effect, stretching all the tendons in your body. This is a very excellent exercise, but please, don't pull too hard.



1. Rub your hands together until they are hot.
2. Use one hand and place your thumb over the base of your penis and the remaining fingers are placed behind your scrotum, so that your are holding your penis and scrotum between your thumb and index finger.
3. Pull down on your penis and scrotum as you direct Perineum Power upward toward your five major internal organs. Your thumb remains over the base and other fingers behind the scrotum as you pull. Do not let them slide down over the shaft or testicles.
4. Don't pull too hard. You can pull downward in a circular motion first to the left and then to the right. Repeat a few times.



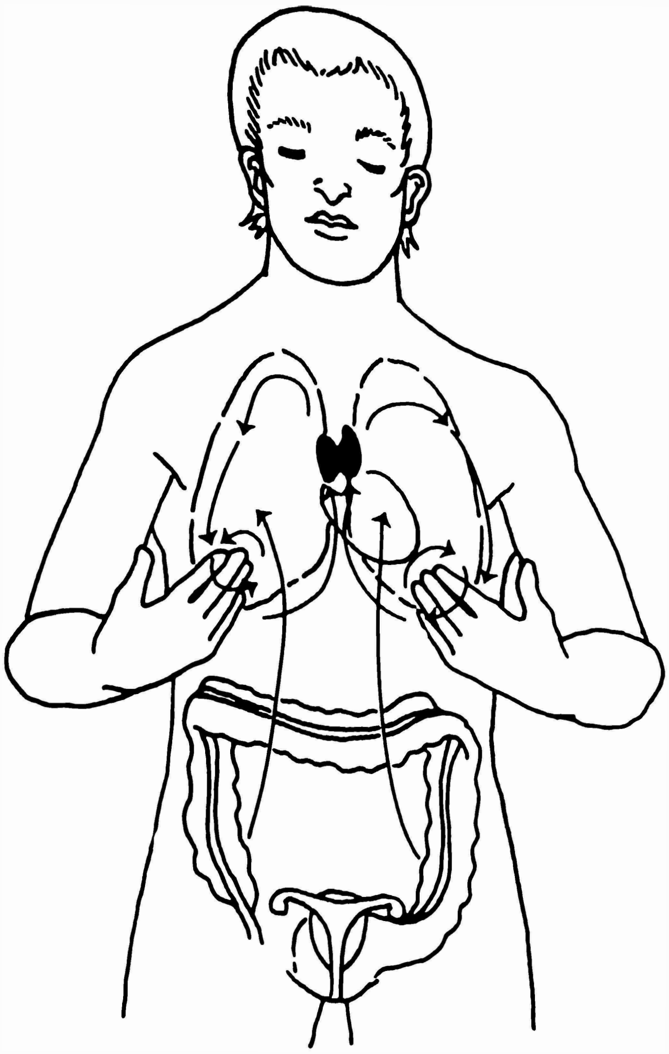
Try doing Bone Marrow Breathing after you do the Sexual Energy Massage. The techniques you learned this week and last week will only take you a few minutes to perform.

Sexual Energy Massage for Women

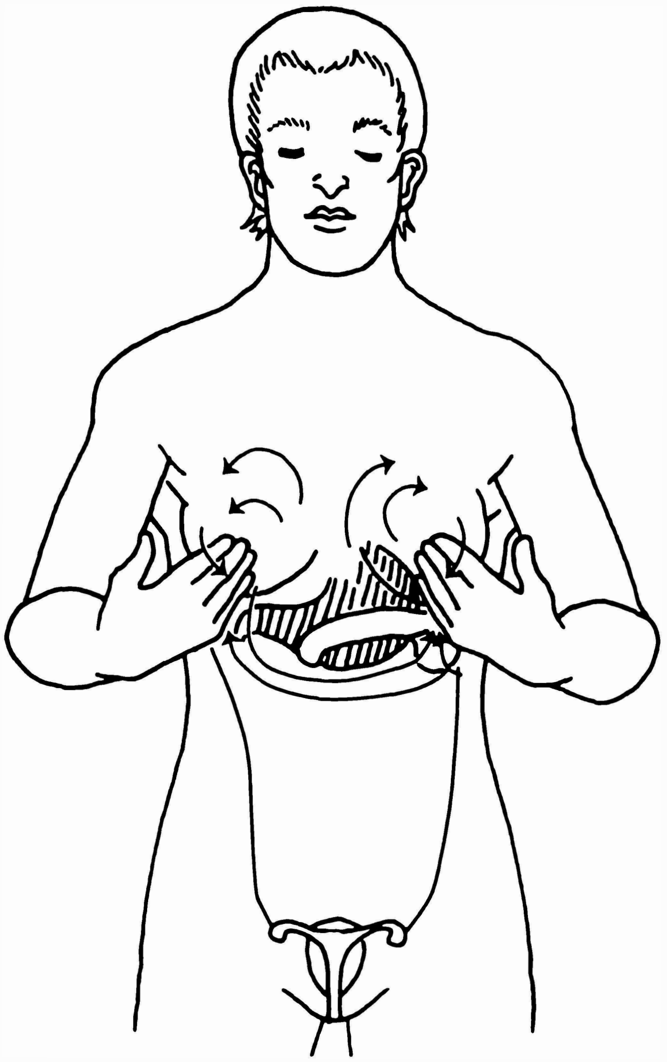
This massage can be done separately or in conjunction with last week's Massaging the Glands with Sexual Energy technique.

Massaging the Organs with Sexual Energy

1. Rub your hands together until hot, then put them over your breasts and massage your breasts as you learned last week.
2. When you feel Sexual Energy becoming activated, direct it toward your lungs.

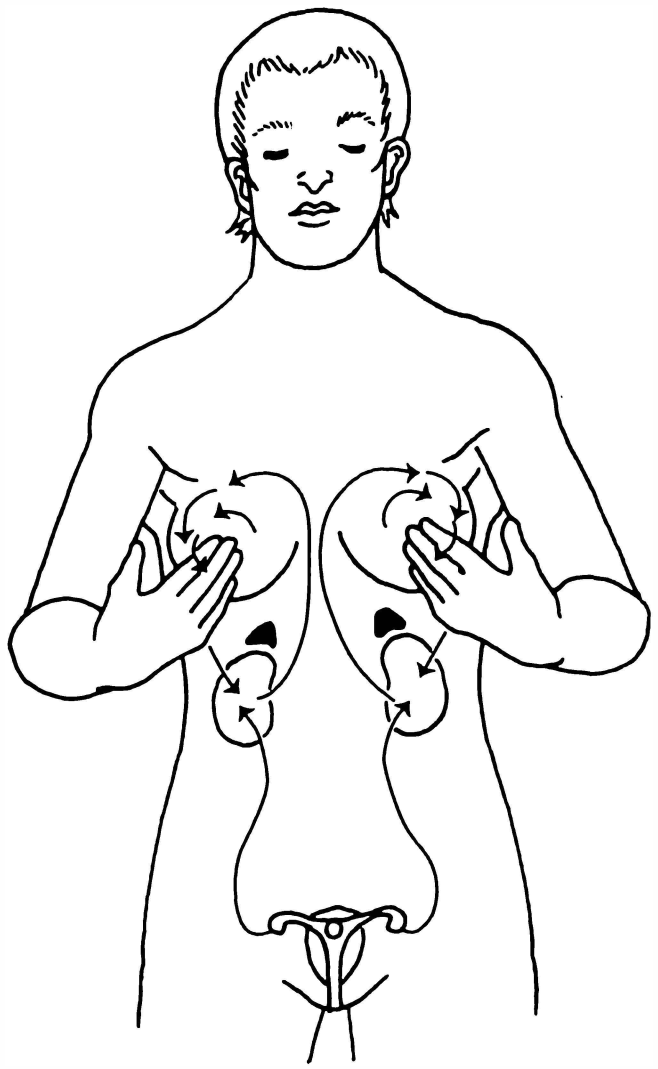


Steps 3 – 5

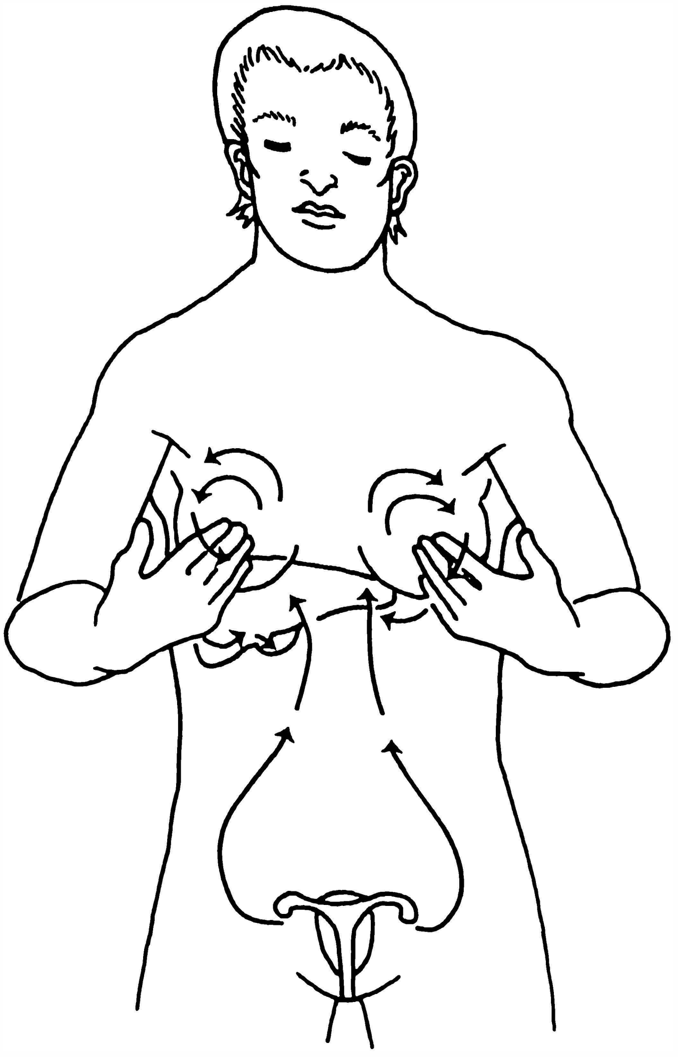


Step 7

3. Allow the Sexual Energy to stimulate your lungs, then direct it back to your breasts.
4. Direct Sexual Energy toward your thymus gland and heart.
5. Allow the Sexual Energy to stimulate your thymus gland and heart, then direct it back to your breasts.
6. Direct Sexual Energy toward your spleen.
7. Allow the Sexual Energy to stimulate your spleen, then direct it back to your breasts.
8. Direct Sexual Energy toward your kidneys. Allow the Sexual Energy to stimulate your kidneys, then direct it back to your breasts.
9. Direct Sexual Energy toward your liver. Allow the Sexual Energy to stimulate your liver, then direct it back to your breasts.



Step 8



Step 9

10. Place your hands on your lap and knees, and put your attention on your breasts and nipples.
11. Allow the tingling Sexual Energy to flow down to your ovaries.
12. Put your full awareness on your ovaries and breathe into both ovaries.
13. Pull in on the lips of your vagina and draw the Sexual Energy to your Ovarian Palace, just above your vagina.
14. Place a hand over each ovary and massage 36 times in each direction to end the exercise.

Men can do this exercise by substituting massaging the shaft (not the head) of the Jade Stalk, instead of massaging the breasts, and testicles in place of ovaries.

Fusion of the Five Elements: Part 7

Transforming Negative Emotions

Restoration of our Original Nature is one of the basic aims of Taoist Yoga. Internal Alchemy is a system the Taoists used to help restore Original Nature. You received your Original Nature at conception. At birth you began to lose it. By the time you finished your formal education it was probably long gone.

It's difficult to explain Original Nature. Words fail. Your Original Nature was silent and in harmony with the Tao. Your Original Nature needs no thoughts to know who and what it is. Your Original Nature is the real you that exists underneath all the intellectual processes of your mind. To reach it you must throw off everything you have ever learned. To reach it, you must enter the realm where thoughts no longer control you. Much of our thought process is controlled by our emotional state. If you are happy, your thoughts will be happy. If you are sad, your thoughts will be sad. Your emotional state, your state of mind, is a reflection of the thoughts you think.

Unfortunately, we are too often ruled by negative emotions. Taoists view negative emotions like thieves who steal away our positive Energy. Negative emotions make us worry or angry, they leave us frightened or depressed. Negative thoughts leave us anxious or tense.

To rid ourselves of negative emotions and negative thoughts, we look for ways to transform them into positive emotions and positive thoughts. In the West, the approach to this age old problem has been to transform the thinking process. Psychology was created to transform your negative thought processes. Hopefully, after you have dumped out all your negative thoughts on to your analyst, you will think positive thoughts.

The Taoists used a different approach. They sought to transform the emotions. To you this may sound like the same thing. But it's not. To a Taoist, your thoughts are in your brain, your emotions are in your internal organs. So while Western psychology views the brain as the controller of your thoughts and your emotional state, Taoists teach that the five major internal organs control your emotions, which in turn, control your thoughts. The five major internal organs are like software and your brain is like the computer. The programs it runs depends on what you put into it.

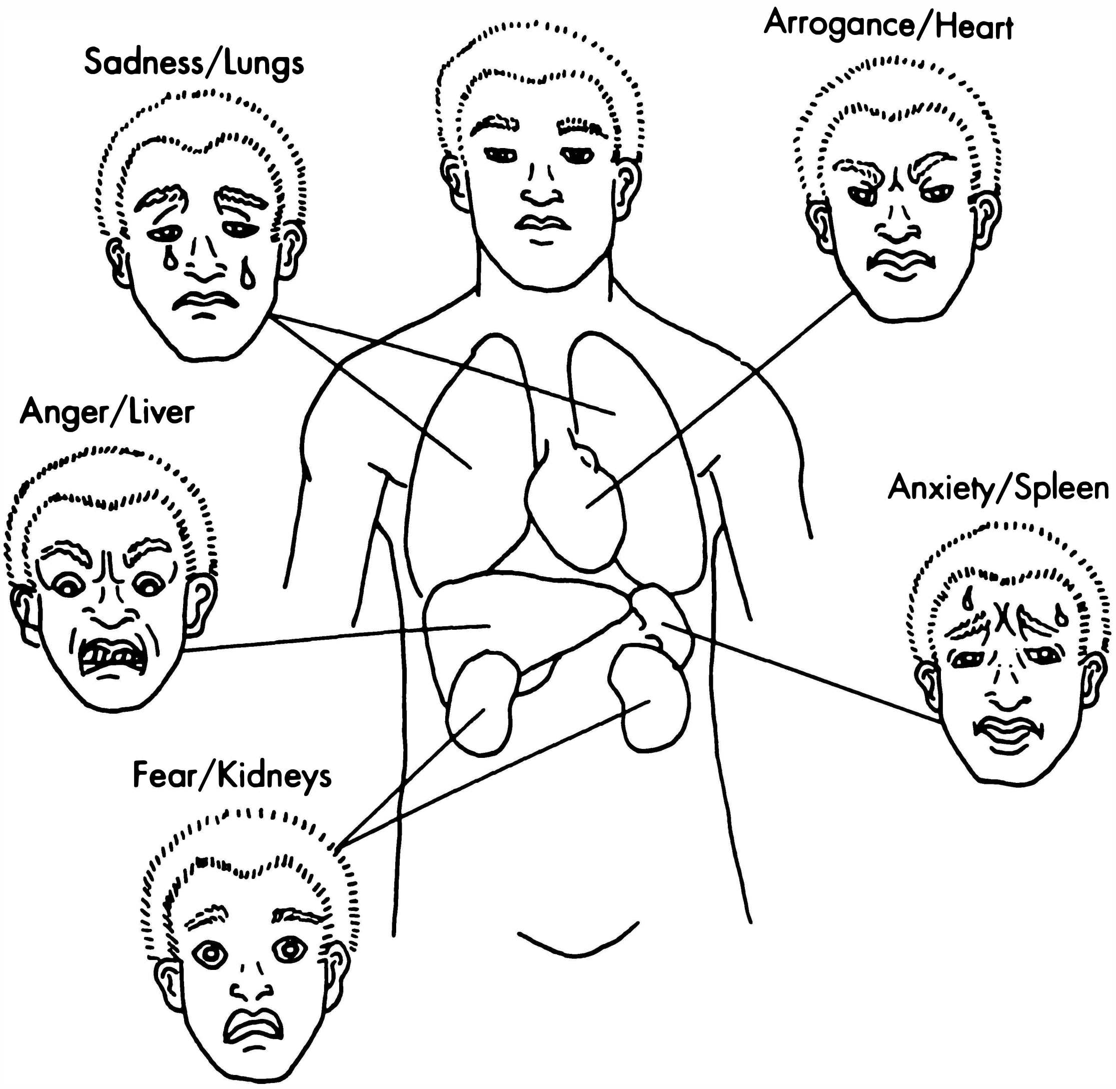
The next step in Fusion of the Five Elements is to learn to gather negative emotions from your kidneys, heart, liver, lungs and spleen into the Pa Kua (or Star in Circle). Each of these organs are the body's main storehouse of different negative emotions.

You know that each of the five major internal organs is ruled by an Element. The balance of the Elements controls our emotional state. Thus you see that by learning to fuse together the Five Elements, you are affecting your emotional state as well. Some of you might have become aware of rising emotions since last week's Fusion lesson. When you connected your outer sense organs with your internal organs some powerful emotions may have been released. The Taoist approach is to allow them to surface, but to control them. When you learn to gather the five emotions together in the Fusion process, you blend and harmonize them together. This in time will lead to a harmonizing of your emotional state. No unruly emotion will be able to control you. Your thoughts will calm down, your emotions will be less extreme. This week's lesson is what you could call Taoist Psychology.

Suppressed emotions control our everyday life. When we are angry, we dump our angry emotions on someone else. This makes us feel better for a little while, but the anger doesn't go away. This is how it usually works. In one way or another, we dump our negative emotions on someone else. In Western psychology we dump our emotions on our analyst in hopes of making ourselves feel better. I understand that psychiatrists and psychologists have some of the highest suicide rates in the world. Sometimes they just have no place to dump all the accumulated negative emotions that have been dumped on them.

In Fusion of the Five Elements, rather than dumping our negative emotions, we seek to transform them into positive emotions. The process begins by collecting and harmonizing them. Here is a list of the five major internal organs and their corresponding negative emotions:

ELEMENT	**Fire**	**Water**	**Wood**	**Metal**	**Earth**
ORGAN	Heart	Kidneys	Liver	Lungs	Spleen
NEGATIVE EMOTION	hatred cruelty arrogance impatience	fear stress	anger	sadness depression grief	worry anxiety



This all leads us back to our Original Nature. Negative emotions obscure it from us. As long as you are ruled by negative emotions, you will never see your Original Nature. You want to restore your Original Nature. Don't you want to know who you really are?

1. Sit up in a chair with your hands clasped and the tip of your tongue raised to the roof of your mouth. Visualize your body surrounded in turn by each of the five colors of the Elements. Start with red. Then yellow, white, blue and green.
2. Smile into your eyes. (You can do the entire Inner Smile practice including front, middle and back line.)
3. Form the Front Pa Kua or Star in the Circle.
4. Use your ears (inner hearing) to listen down to your kidneys or simply put your concentration on your kidneys.

5. Tune in to any fear or other sensation in the kidneys that you do not like or that feels uncomfortable. It may take the form of a color, shape, feeling sound or taste. Its color could be cloudy blue, gray or black.
6. Spiral the fear or other sensation out of your kidneys to the Kidney Collection Point.
7. Feel the connection between your tongue and your heart. Become aware of feelings such as impatience, hatred, arrogance or cruelty in your heart. It may take the form of a color, shape, feeling, sound, or taste. Its color could be muddy red, orange or gray.
8. Spiral the impatience, cruelty, or other sensation out of your heart to the Heart Collection Point.
9. Split your concentration and spiral the Energy from both into the Front Pa Kua or Star in Circle.
10. Feel the connection between your eyes and your liver. Become aware of feelings of anger or any other unpleasant feeling in your liver. It might be sensed as something sharp-edged and painful, hot, muddy red, cloudy, or gray.
11. Spiral the anger or other unpleasant sensation out of your liver to the Liver Collection Point.
12. Inhale and exhale and feel the connection between your nose and your lungs. Become aware of feelings of sadness, grief, depression or any other unpleasant sensation in your lungs. It might be sensed as cold, gray, cloudy or oppressive.
13. Spiral the sadness, grief or depression or other unpleasant sensation to the Lung Collection Point.
14. Split your concentration and spiral the Energy from the Liver and Lung Collection Points into the Front Pa Kua or Star in Circle.
15. Feel the connection between your mouth and your spleen. Tune in to any worry, anxiety or other sensation in the spleen that you do not like or feels uncomfortable. You might sense it as gray, cloudy, sticky, or shaky.
16. Spiral the worry, anxiety or other unpleasant sensation directly into the Front Pa Kua or Star in Circle.
17. Blend all the emotions, sensations, colors, etc. in the Front Pa Kua or Star in Circle. Mix them around, spiral them until they are all blended together.

18. Visualize the Back Pa Kua (Star).
19. Spiral the blended emotions from the Front Pa Kua or center of the Star and spiral Energy from the Back Pa Kua (Star) into the Cauldron at the Lower Tan Tien.
20. Form and spiral Energy from the Left and Right Pa Kua (Star) into the Cauldron.
21. Form and spiral Energy from the Upper and Lower Pa Kua (Star) into the Cauldron.
22. Condense the spiraling Energy to form a Pearl in the Cauldron. Imagine that the Pearl is transforming all the negative emotions into positive emotions.
23. Guide the Pearl into the Microcosmic Orbit. Do a few rounds. Roll your eyes up and down (as in Turning the Yin-Yang Water Wheel) as if you could turn them 360 degrees, to help guide the Pearl.
24. Return the Pearl to the Cauldron and Collect the Energy at the navel.

When the negative emotions are blended together, then the Pearl can start transforming them into positive emotions. The positive emotions are:

ELEMENT	**Fire**	**Water**	**Wood**	**Metal**	**Earth**
ORGAN	Heart	Kidneys	Liver	Lungs	Spleen
POSITIVE EMOTION	love honor respect	gentleness wisdom	kindness forgiveness	courage righteousness	fairness openness

Connecting the bright color of each element and organ with the positive emotions listed above, helps to grow the positive emotions.

week thirteen

Four-Square Breathing: Part 7

WE ARE NEARING THE end of this course now. It is my sincere hope that many of you have benefitted from these teachings. Even if you have not been doing the practices, but only reading, your understanding of reality may have shifted somewhat in light of the unique Taoist point of view I have been presenting here.

Four-Square Breathing falls under the category of Nei Dan or Internal Exercise. Much of the Taoist approach to health and fitness is diametrically opposed to the Western point of view. In the West, we start on the outside of our body and work inward. Taoists call this Wei Dan or external exercise. There are lots of Taoist external exercises. Moving Chi Kung and Tai Chi Chuan are basically Wei Dan. But the heart of Taoist Yoga is Nei Dan, working from the inside to the outside. You can clearly see this approach at work in Four-Square Breathing, where we seek to increase the internal pressure so as to fill our entire body with Energy, which results in strengthening the exterior of our body as well. The Taoists called this Internal Power.

This week we move up into the head. The technique here is a little different than in previous weeks. I don't want you to exert too much pressure and hurt yourself. You will do a full Abdominal Breath and then direct Perineum Power to the Third Eye Point. Then you will pull in your chin, straighten the back of your neck, take a sip of air and direct Perineum Power to the Jade Pillow, the point at the back base of the skull. Your Third Eye Point and Jade Pillow should be approximately on line with each other.

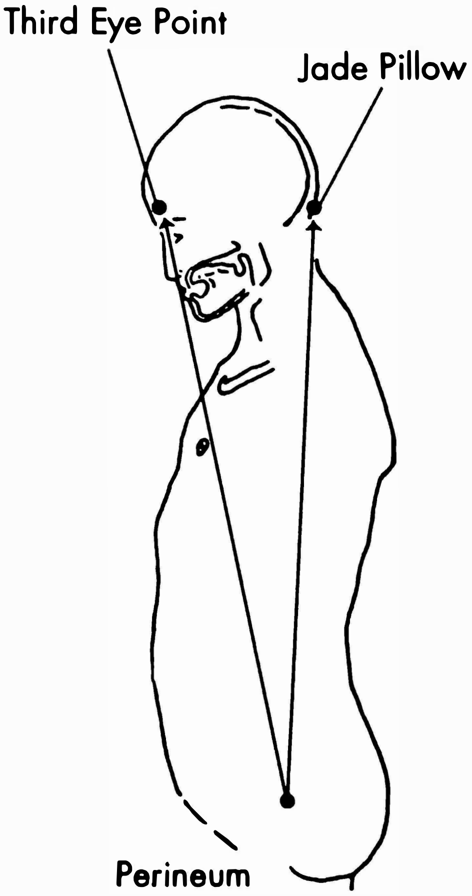
It is in the next two steps that the technique alters some what. You are going to breathe into your left and right temple bones, between the corners of your eyes and your ears. You don't want to exert too much pressure here. You are going to pull up, but instead of using full Perineum Power, which includes the muscles of the anus and perineum, you are only going to gently pull up on your testicles or ovaries and direct them toward the temples.

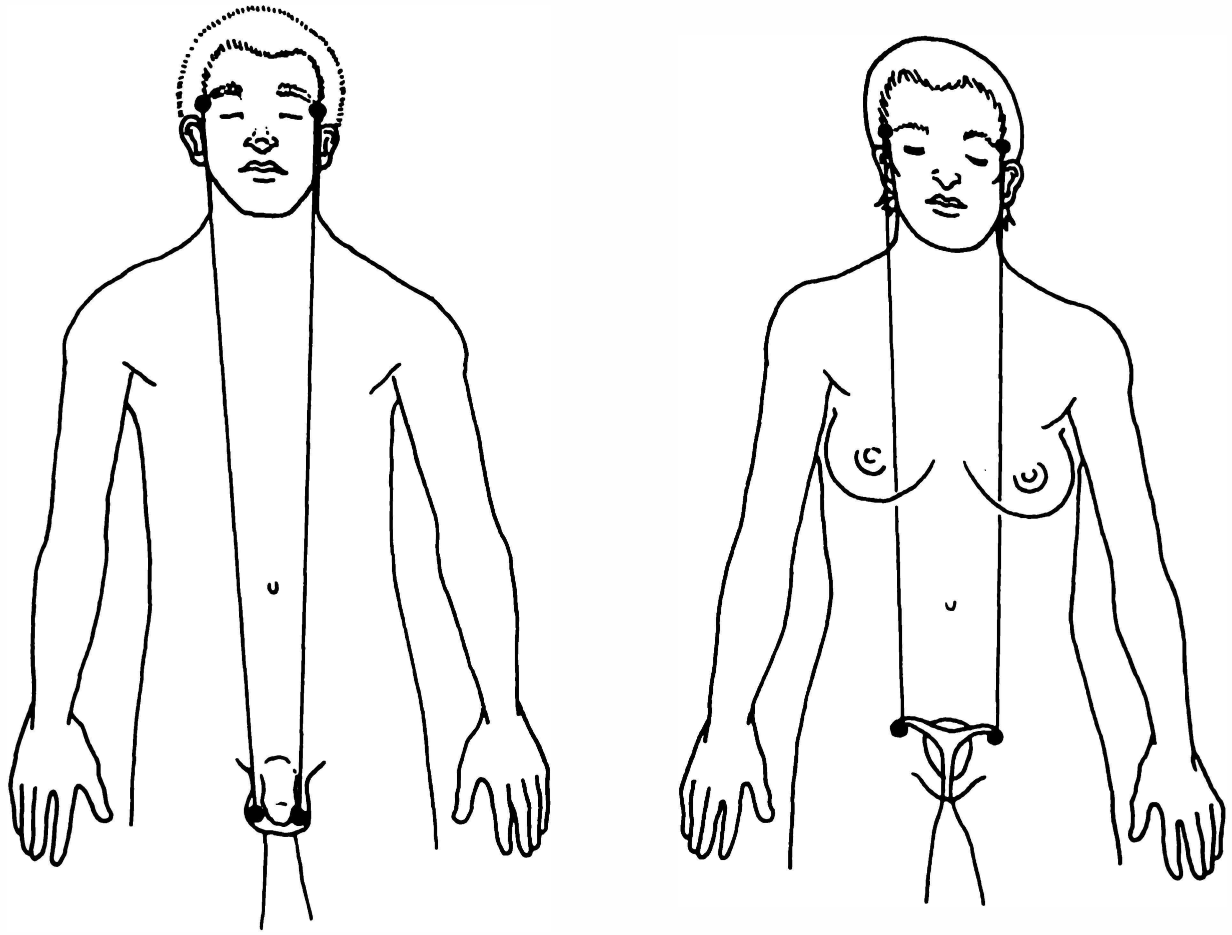
Men will gently direct the left testicle to the left temple and then the right testicle to the right temple. Women will gently direct the left ovary to the left temple and then the right ovary to the right temple.

As you progress in Taoist Yoga, you might start to experience the bones in your skull begin to open. This is desirable and results in a freer flow of Energy inside your head. When it happens though, it can be quite startling. Four-Square Breathing, by increasing Internal Power, can have this effect, not only on the bones of your skull, but on any bone in your body that feels tight or improperly aligned. If this should happen, don't be frightened, it is a sign of progress.

Four-Square Breathing is a powerful technique. Once again, don't overdo it. It can be done gently with great benefit. Ultimately this type of exercise lay at the heart of the ability of Taoist martial artists to withstand a blow to any part of the body or perform feats like bending an arrow against the front of their throat without piercing the skin. Internal Power is almost unknown in the West. It is a new frontier for the Twenty-first Century in terms of health, strength, well being and self-defense.

1. Inhale an Abdominal Breath.
2. Take a small sip of air and direct Perineum Power to the Third Eye Point, between and just slightly above the two eyes.
3. Pull in your chin and straighten the back of your neck, so the Third Eye Point and the base of your skull (Jade Pillow) are approximately on line.
4. Take a small sip of air and direct Perineum Power to the base of your skull (Jade Pillow).
5. Take a small sip of air and gently pull up on your left testicle/ovary and direct it toward your left temple.





Steps 6 and 7

6. Take a small sip of air and gently pull up on your right testicle/ovary and direct it toward your right temple.
7. Take another small sip of air and simultaneously pull up on your left and right testicles/ovaries and direct them toward your left and right temples, respectively.
8. Hold the gentle pull and exhale.
9. Repeat two or three times.

As a meditation, after Four-Square Breathing, feel or imagine that your left testicle/ovary is joining together with and fusing with your left brain and your right testicle/ovary is joining together with and fusing with your right brain.

You can do Four-Square Breathing into the temples in conjunction with all the previous steps of Four-Square Breathing you have learned. Take tiny sips of air and quickly work your way up the body. Next week you will learn the final step.

Bone Marrow Breathing: Part 6

We will complete the skeleton this week. As you are probably aware, you have not yet learned the technique for breathing into your rib cage and sternum (breastbone).

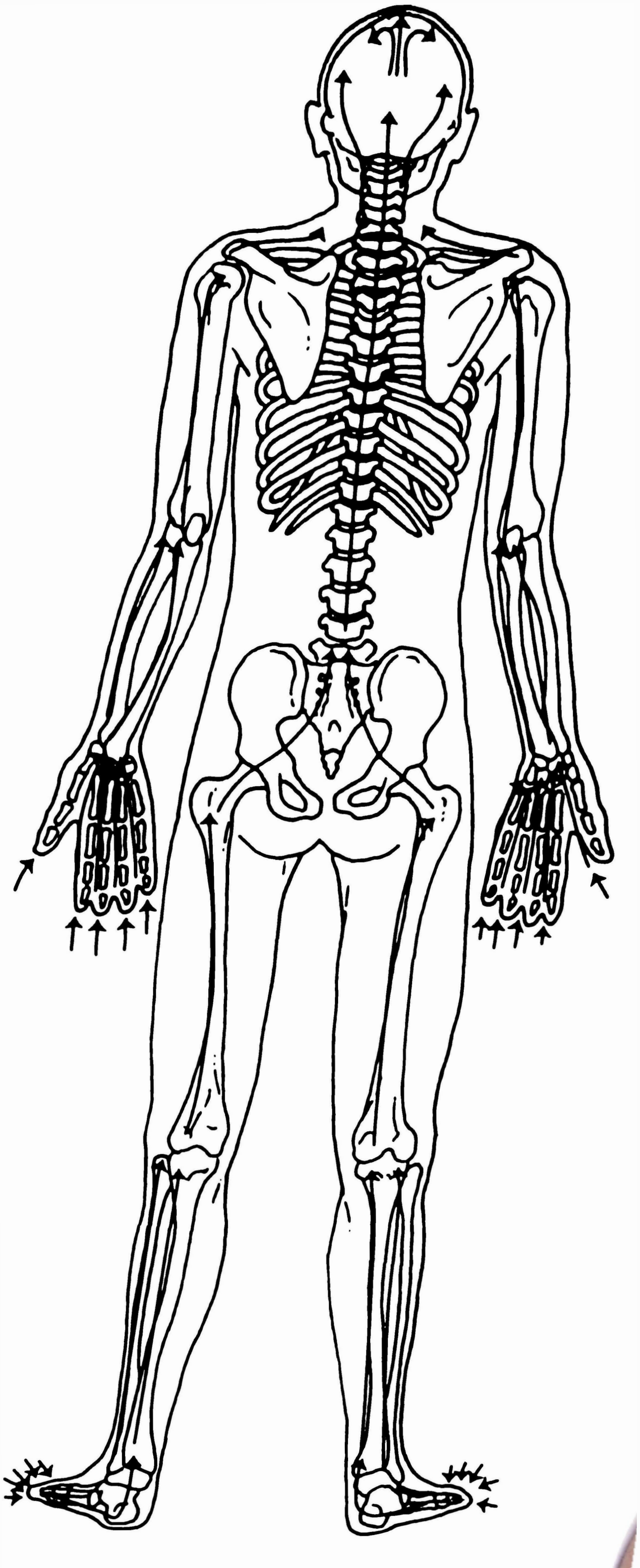
Actually, these are the most difficult bones to breathe into. It takes practice and concentration. The fact that you have been working on Bone Marrow Breathing for five weeks should make it much easier. When you get the knack of Bone Marrow Breathing it becomes pretty easy to do. But it does require daily practice. When you start skipping days, the ability to do it quickly fades.

The build up of Sexual Energy in the body also greatly contributes to your ability to breathe into your bones. The Sexual Kung Fu exercises you have learned up to now, especially the Yin-Yang Water Wheels and the Sexual Energy Massage, build up your body's supply of what Taoists call Essence or Jing (Ching) in its most potent form, which is Sexual Energy (Jing Chi). It is this remarkable fusion of Sexual Energy and healing that helps to make the Taoist practices so unique. I have done my best to interweave all the exercises in this book so that you will be able to do them, not just read about them. But remember this Taoist maxim: If you don't do it, you don't get it.

I will try my best to guide you into the ribs and sternum, but really you will have to experiment and find what works best for you. For the first time, this week, you will breathe into your arms and legs simultaneously.

From your toes, you will breathe all the way up both legs, into the hip bones and then into your sacrum and up your back. You will also be breathing into your fingers and up your arms and into your shoulder blades. The Energy from your arms and legs combine at the base of your neck and flow up and over your skull. The Energy then descends through your facial and jaw bones, down your neck and into your collarbones (clavicle) and down your breast bone (sternum). At this point, you start to feel Energy sweep through your ribs, from your spine to your breast bone (back to front). You also feel the Energy spread out from your breast bone into the ribs and around toward your spine (front to back). It flows out from your spinal cord and fills the floating ribs, in the lower portion of your rib cage, that are not attached to your breast bone. This completes all the bones in your body.

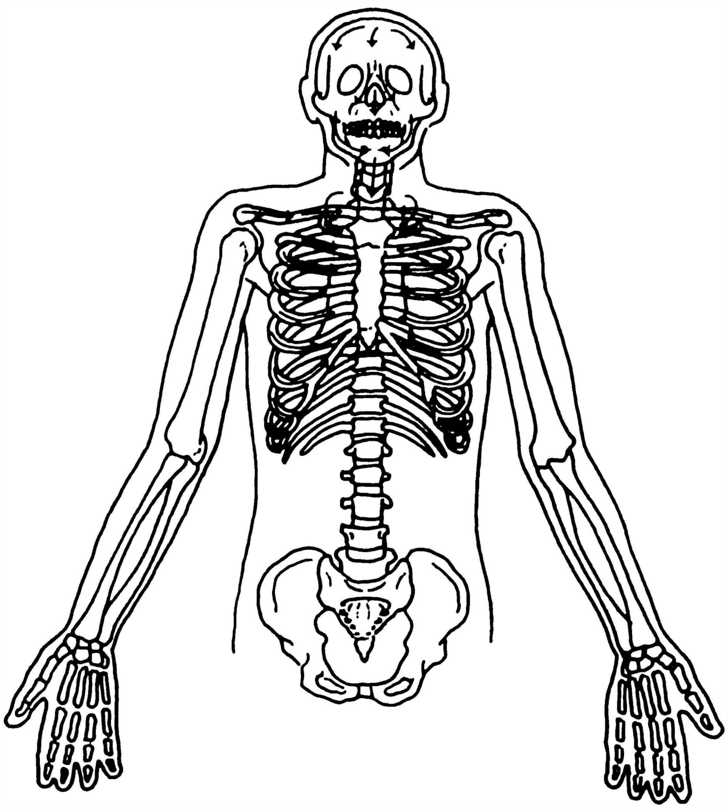
I hope you can follow this. It is very difficult to put into words. I am describing moving Energy. When you can do the ribs, you will understand how the Energy can flow from back to front and from front to back.



You must also fill all the bones of your skull, face and jaw. Once you get it, it is as if all your bones are sucking in Energy as you inhale and sending it out as you exhale. As I've said so often, the more you practice Bone Marrow Breathing, the easier it gets.

1. Simultaneously breathe into your arms and legs. Breathe in through your fingertips and toes.
2. The Energy comes up your legs, to your hips and joins together in your sacrum. It then rises up your spine to the base of your neck.
3. The Energy comes up your arms, into your shoulder blades (scapula) and moves into your spine to the base of your neck.
4. The Energy from your arms and legs joins together at the base of your neck.
5. Exhale and the Energy flows over your skull into your facial bones and then into your jaw bones.
6. The Energy descends down the front of your neck, into your collar bones and then descends down the breast bone (sternum) in the center of your chest.
7. Inhale again as above. As the Energy rises up your spine, in addition to rising toward your head, feel it sweep into your ribs and circle around your torso and join together in the breastbone.
8. Exhale, and in addition to the Energy flowing out your extremities, feel it sweep around from your breast bone into your ribs and circle around to your spine.

9. Inhale, and in addition to the above, as the Energy rises up your spine, feel it enter into your floating ribs, at the bottom of your rib cage.
10. Inhale and feel the Energy flow into your arms and legs and flow into all the bones in your body.
11. Exhale and the Energy flows out your fingertips and toes. Practice for a few minutes.



With continued practice, you should find that the large joints of the body; the wrists, ankles, elbows, knees, shoulders and hips are strong points for absorbing Energy directly into them. They act as step up transformers. To get them to do this though, you must first have the Energy flowing smoothly through you bones. You know how this is accomplished: through daily practice. It's worth the effort for it to become effortless.

Jing Body

Standing Chi Kung

Activating the Internal Fires

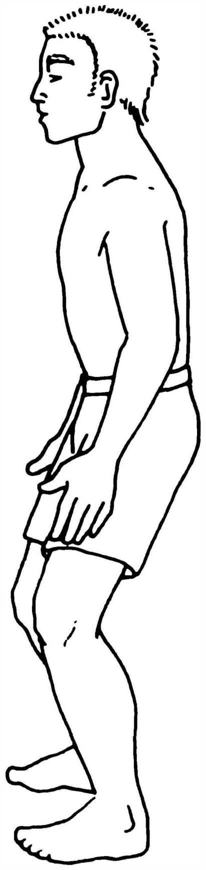
This week's Standing exercise will be structured a bit different than previous lessons. You will learn a Standing meditation that combines various Standing postures, some of which you already know and some of which you don't. The postures are all easy to do.

In Activating the Internal Fires, we will draw Energy from the Earth below us (Earth Force) and from infinite space around us (Heavenly Force), to activate the Fire Energy in our lower abdomen, in both the Lower Tan Tien and the Ming Men point opposite the navel, and in our Heart Center. Filling these centers with Chi helps to fill our whole body with increased Energy and Life Force.

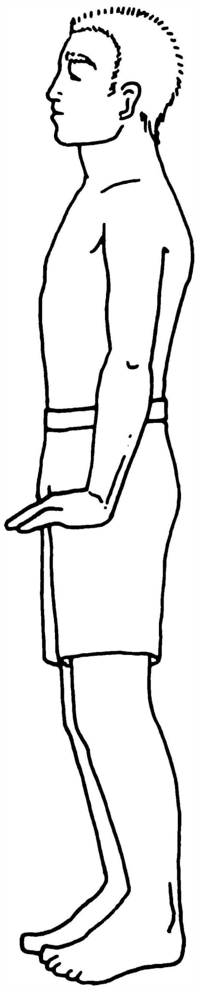
There are seven different postures we will use. They are all Double Weighted (feet parallel and weight distributed equally on both feet). In the first posture you will stand with arms held down at your sides in the basic standing position. In the second posture you will simply raise your palms so that your hands are parallel to the ground. In the third posture, you push your hands slightly forward. In the fourth posture you raise your arms in front of you to the level of the navel, as if you were holding large beach ball (Chi Ball) in front of your Lower Tan Tien. In the fifth posture you sweep your arms around to the back and hold a very large Chi Ball at the Ming Men point. In the sixth posture, the hands are lifted, palm side up so that each hand is just under it's respective armpit with the fingertips of each hand pointing inward toward your heart. In the seventh posture your hands are placed over your navel to collect the Energy. To form all of these postures, there is no movement of the body, just the hand positions are different.

You are going to try to connect with the Earth Force and the Heavenly Force. You must allow your mind to expand to do this. By this I mean that you should actively use your imagination to believe that you can expand your thoughts to include the Earth and infinite space. It is a matter of letting go. For instance, look at a star at night. Imagine that you are not only looking at it, but that your mind can reach all the way out to that tiny dot in space and envelope it. With practice you can learn to do the same thing with the Earth and with infinite space. Exercises of this nature help you to understand and experience the "oneness" of everything.

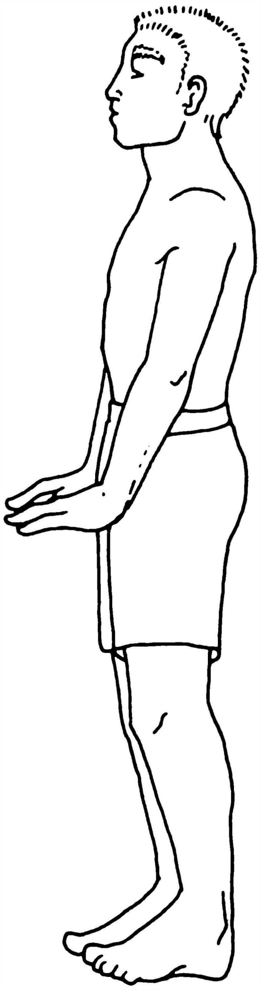
1. Stand with your feet close together, pointing forward and parallel to each other, with your arms at your sides.
2. Feel the connection to the Earth from the Bubbling Spring Point in each foot. You can "breathe" in and out of these points until you feel the connection with the Earth Force.
3. Project your mind and expand your Energy (Chi) into the Earth. Keep expanding it until you feel your mind go all the way through the earth and expand into outer space on the other side, beyond the Earth.
4. Keep your arms at your sides, but bend your wrist and raise your palms so that they are parallel to the ground and your fingers are facing forward. Lift up on your fingers just a little and feel or imagine a connection to the Earth Force through the Tiger and Dragon Cavities (Lao Gung Points) in the center of your left and right palms respectively.



Step 2

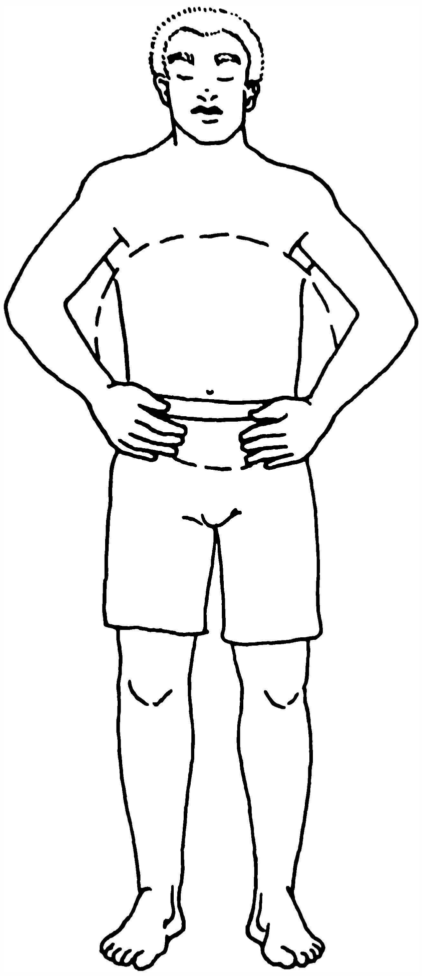


Step 4

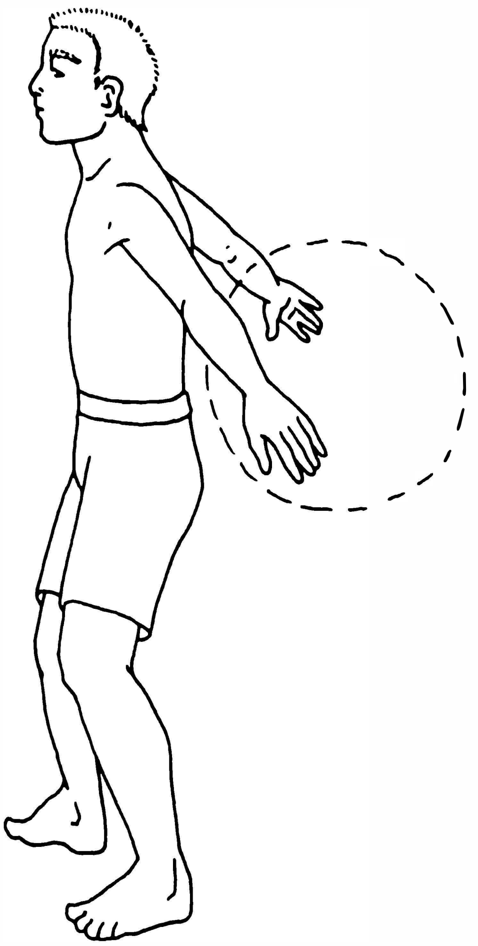


Step 5

5. Move your palms, still facing downward, slightly in front of your body. Feel yourself connecting, through the Tiger and Dragon Cavities, all the way through the Earth and into infinite space beyond.
6. Lift your hands in front of your body in a position similar to Embracing the Tree, except your arms are raised only to the level of your navel. Form or imagine a large Chi Ball that you are holding in front of your Lower Tan Tien.
7. Feel or imagine the Chi Ball connecting with the Fire Energy in the universe. Draw this Fire Energy into your Lower Tan Tien. Feel the warmth spread through your entire body.
8. Slowly draw your arms around to your back side and imagine you are holding a huge Chi Ball at the level of your Ming Men (the point opposite your navel also known as the Door of Life) on the backside in front of the spine.

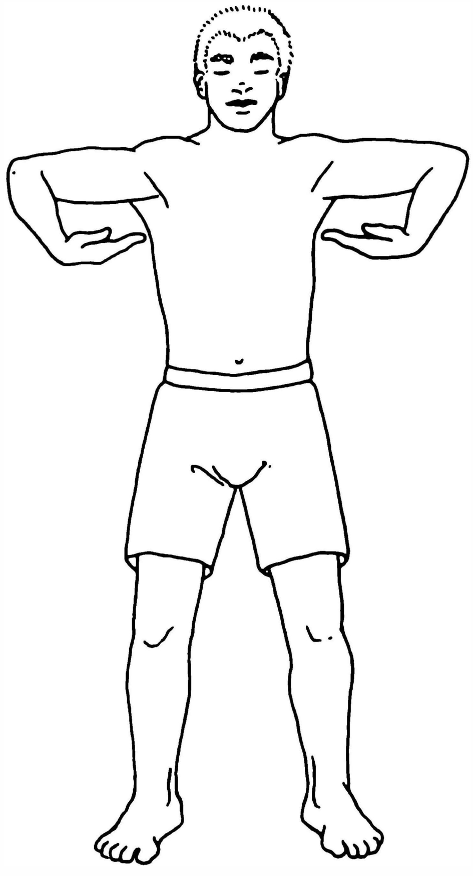


Step 7

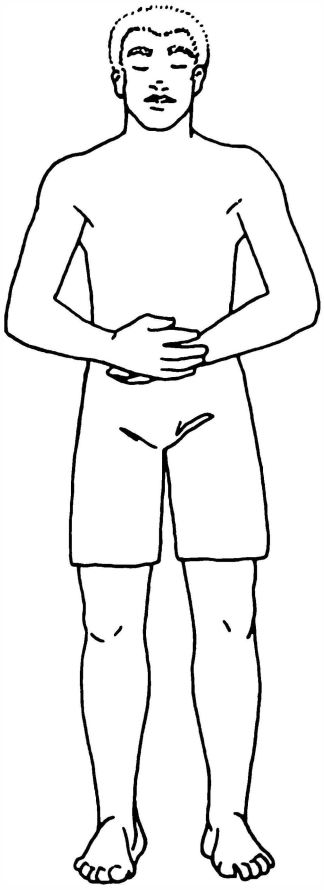


Step 8

9. Feel or imagine that the huge Chi Ball at your lower back turns into a fire ball and pulses and breathes as it draws in Energy from infinite space behind you.
10. Raise your arms so that your palms face upward, just under your armpits. Your elbows are bent out at your sides. Your fingertips point toward the Heart Center in the middle of your chest.
11. Project Energy (Chi) from your fingertips in through your armpits into your Heart Center. Feel the Fire in your heart ignite.
12. Allow your Heart Center to expand and open like a blossoming flower, pulsing and breathing in Energy.
13. Feel the fires at your Lower Tan Tien, Ming Men and Heart Center.
14. Place your hands over your navel and collect the Energy.



Step 10



Step 14

In Taoist theory, by activating the Ming Men, you are actually activating fire in the adrenal glands and what was called "True Fire" in the left kidney. The True Fire becomes an important source of the Life Force in advanced internal alchemy.

Sexual Kung Fu

Guiding the Energy

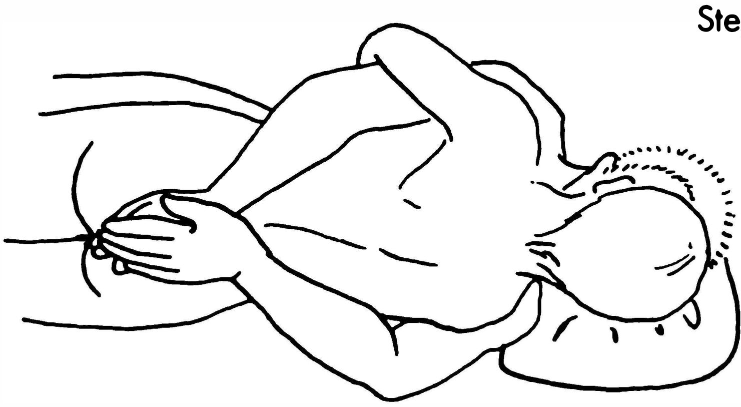
For a change of pace, we will return to Dual Cultivation this week. I will teach you how you can help raise Sexual Energy up your partner's back. You will learn how to guide Jing Chi up your partner's spine using your hands and your mind and you will learn how to share this Energy between you.

When you are making love face to face, your Functional Channels, which run down the front of your bodies, are in direct contact. When you are both sexually aroused it is much easier to feel a joining of each partner's Functional Channel as Sexual Energy is drawn down to the sexual organs. As the male approaches orgasm, this Energy will be lost through ejaculation unless he is able to draw this Energy up his Governor Channel, which runs from the perineum, up the spine and into the head. The female does not lose Energy when she has an orgasm. However, her ability to raise Jing Chi up her spine is extremely pleasurable, as it also is for her male partner. It also has a healing effect on both their bodies and a rejuvenating effect on their brains.

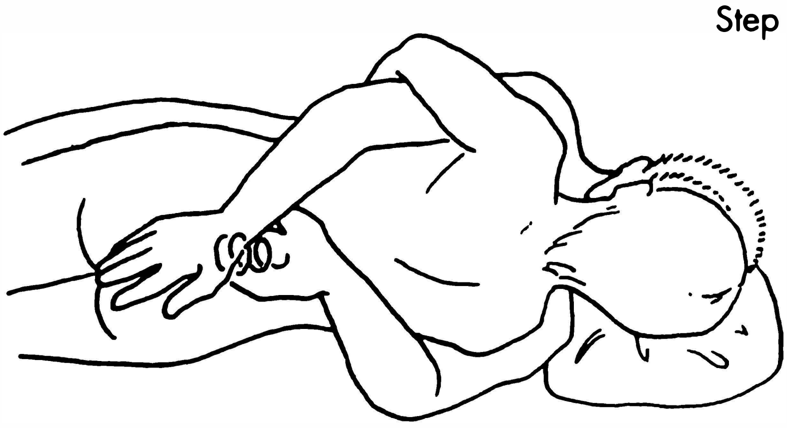
Either partner can help the other to raise the Jing Chi up the Governor Channel by guiding it up the spine, using their hands and Yi Mind (or conscious mind) to direct the Sexual Energy to different points on the Governor Channel. One partner can do it to the other or both partners can do it simultaneously. Energy is passed through the finger tips and the Dragon and Tiger Cavities located approximately in the center of the palm.

The ability to stay calm and relaxed and not lose yourself in the sex act is obviously important while guiding the Sexual Energy. This same ability, to remain calm and relaxed, is also important for prolonged love making. Taoist sex stresses prolonged pleasure over quick and momentary orgasmic release. You either learn to control your Sexual Energy or you are controlled by it.

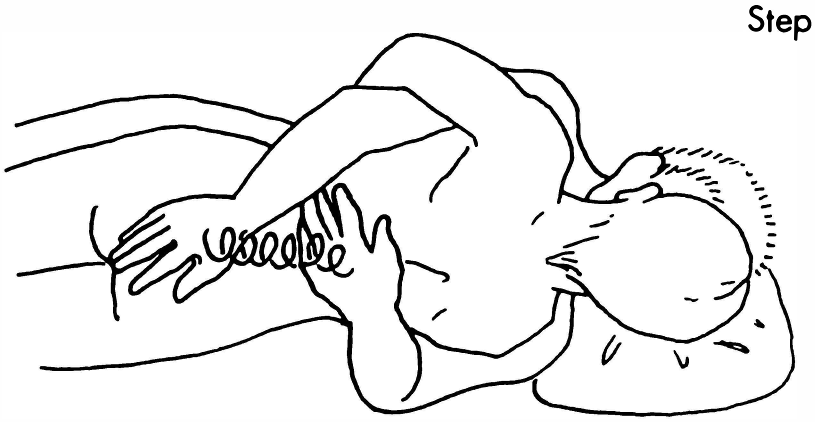
1. Begin with foreplay and when sufficiently aroused, begin having intercourse, face-to-face with your partner. You can use sexual positions with either the male on top, female on top or both partners on their sides, as long as you are both face to face and your torsos are in contact. (Don't use sitting positions to learn this practice. When you become suitably experienced with guiding the Energy, you can experiment with any position you like.)
2. Continue having intercourse until you are both very aroused. Before either of you reach orgasm, stop thrusting or pushing and relax your bodies.
3. Place your right hand on your partner's sacrum with the middle finger touching the tip of your partner's coccyx. Place your left palm over the right and align the Tiger Cavity of the left palm with the Dragon Cavity of the right palm.
4. Place your concentration (Yi Mind) on your partner's sexual region. Feel or imagine that you are in mental contact with your partner's Sexual Energy.


Step 3

Step 10

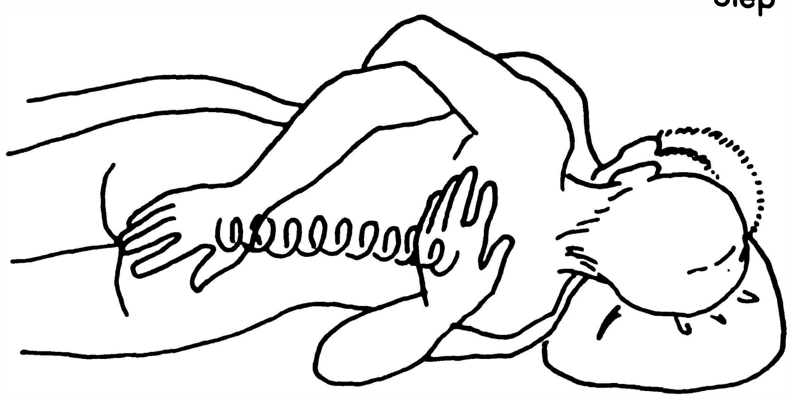


Step 11

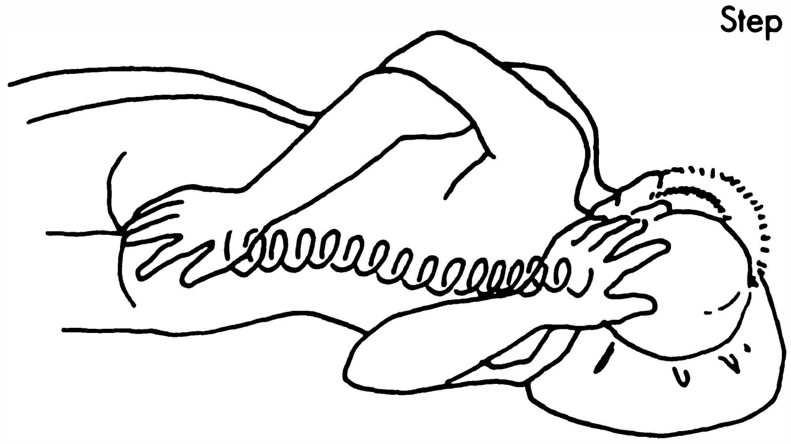


5. Use your mind to guide your partner's Sexual Energy up to the coccyx, into the sacral hiatus (small opening about an inch above the coccyx and into the sacrum).
6. Spiral Energy out of your aligned Dragon and Tiger Cavities and into your partner's sacrum.
7. Raise your own Sexual Energy up to your own Sacrum.
8. Spiral Energy back and forth between your sacrum and your partner's sacrum. Feel it travel all the way from your sacrum to the Dragon Cavity and finger tips on your partner's back, then direct it back to your own sacrum. Allow the Energy to spiral back and forth between you a few times.
9. Begin intercourse again. You can use the Taoist technique of multiple shallow thrusts (three, six or nine shallow thrusts) followed by a single deep thrust until you are again fully aroused. Then stop thrusting.

Step 15



Step 16

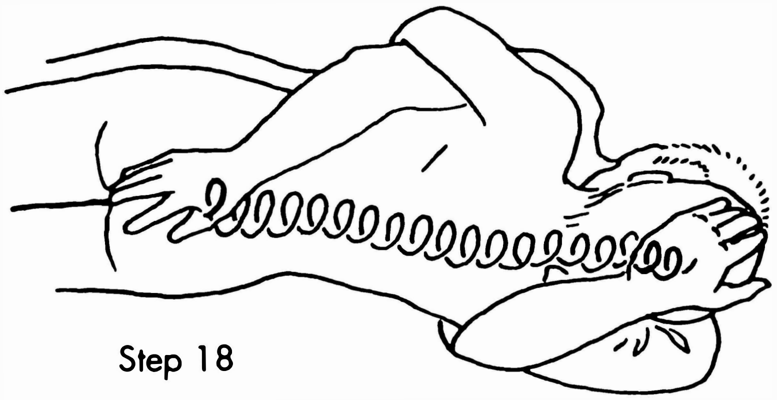


10. Keep your right hand on your partner's sacrum and move your left hand up to your partner's Ming Men (point on the spine opposite the navel).
11. Place your concentration back on your partner's sexual area and then guide the Sexual Energy up to your partner's Ming Men.
12. Spiral Energy out of the Tiger Cavity of your left hand into your partner's Ming Men (also known as the Door of Life).
13. Raise Sexual Energy up to your own Ming Men.
14. Spiral Energy back and forth between your Ming Men and your partner's Ming Men. Feel it travel all the way from your Ming Men behind the navel, to your Tiger Cavity and finger tips on your partner's back. Direct the Energy back, through your partner, to your own Ming Men. Feel the Energy or heat spread out into your partner's kidneys, on the left and right sides just above the Door of Life.

15. In a similar fashion, after arousing Sexual Energy through intercourse, repeat as above at the T-11 point (Chi Chung) on the spine at the point opposite the solar plexus.

16. Next, after again arousing yourselves with intercourse, stop thrusting and raise your left hand to the point opposite the Heart Center (the T-5, Gia Pe). Guide your partner's Sexual Energy up the spine to the T-5 point, while keeping your right palm in place at your partner's sacrum. Spiral the Energy as above.

17. After again arousing Sexual Energy, repeat at the Jade Pillow at the base of the skull. Raise your left palm to the Jade Pillow. Send Energy out of the Tiger Cavity. Raise your own Sexual Energy up to your Jade Pillow and spiral Energy back and forth between you.


Step 18

18. Next, once you are both highly sexually aroused, cease thrusting and bring your left hand up to the Crown Point at the top of your partner's head. Raise the Sexual Energy all the way up your partner's spine, through the neck, to the top of the skull. Spiral Energy from your Tiger Cavity into the top of your Partner's skull. Raise your Energy to your Crown Point. Spiral Energy back and forth between your Crown Points.

19. Mentally direct Energy down your partner's Functional Channel (on the front of the body), all the way back to the genitals. Simultaneously guide the Energy with your left hand, as you lower your hand all the way down your partner's back, to the buttocks.

20. Stare into your partner's eyes and send Energy back and forth between you and your partner. Do this as long as you like, you can slowly begin thrusting again as you do.

21. Kiss and feel Energy flow between you and your partner's tongue.

22. Continue making love as long as you like, following the basic principals of Dual Cultivation you learned earlier in this book.

Guiding and spiraling Sexual Energy with your partner will help to bring you both to a whole new level of loving and sharing. With practice you will feel ecstatic bursts of Energy passing between you and your partner. There are no words that can really describe it. Practicing Dual Cultivation creates an incredibly strong bond between you and your partner. You will look forward to lovemaking with a renewed interest that doesn't fade over time.

In our modern world, knowledge of the Taoist secrets of Dual Cultivation suggests at least a partial cure for promiscuity, that often tears couples apart. It provides that extra spark that previously you might have felt was missing between you and your partner. How can other lovers suffice when you and your partner share some of the deepest mysteries and magic of sex?

As you become more proficient at guiding the Energy up your partner's Governor Channel, it will become easier to move. It will not be necessary to stop and then resume thrusting after each point. You will find that you can raise the Energy two, three or more points each time you relax and stop thrusting. You can experiment with different positions and passing Sexual Energy at other points on the body. But for this week at least, do it as I set out above. After that use it more as a guide on how the practice can be done, rather than a strict routine that must be followed word for word. Sexuality and sensuality must always leave some room for spontaneity and flexibility.

Fusion of the Five Elements: Part 8

Transforming the Five Flavors

Mind

Up until now I have not told you about the Five Flavors: salty, bitter, sour, spicy (pungent) and sweet. So it's time that I did. The Five Flavors form the basis of the Taoist dietary rules. Modern Taoists favor Five Flavor or Five Element cooking. Yes, each of the Flavors corresponds with an Element and thus with one of the five major internal organs.

ELEMENT	**Fire**	**Water**	**Wood**	**Metal**	**Earth**
ORGAN	Heart	Kidneys	Liver	Lungs	Spleen
FLAVOR	Bitter	Salty	Sour	Spicy	Sweet

The way to internal harmony is through balancing the Five Flavors. Each of us is probably ruled by some favorite taste. There are some tastes (Flavors) that you really love, there are some that are all right, there are other that are disagreeable and there are probably some that you cannot tolerate at all.

Understand that few of us balance the Five Flavors. However many of us might like to modify the way we nourish ourselves. Rather than teach you some radical new way of eating, I will teach you how to harmonize and balance the Five Flavors using the process of Fusion of the Five Elements. The exercise will be easy for you at this stage of the course. You will feel the appropriate taste in each of the five major organs, they will be drawn to their various Collection Points and then drawn into and harmonized in the Front Pa Kua or Star in Circle.

After practicing for awhile, you might find that your appetite is changing. Your body will begin to know what it needs. This is part of the process of uncovering your True Nature. I should add that the Taoist system I profess to is based on enjoying life, having the good things and a good family life. Eating should be enjoyable too. In the big picture of food, meat is yang and everything else is basically yin. However if you are a vegetarian, then there are different yin-yang relationships between the different food groups that are beyond the scope of this book. The basic idea is to balance the Five Flavors. A Taoist uses Fusion to accomplish this.

1. Sit up in a chair with your hands clasped and the tip of your tongue raised to the roof of your mouth. Visualize your body surrounded in turn by each of the five colors of the Elements. Start with red. Then yellow, white, blue and green.
2. Smile into your eyes. (You can do the entire Inner Smile practice including front, middle and back line.)
3. Form the Front Pa Kua or Star in the Circle.
4. Use your ears (inner hearing) to listen down to your kidneys or simply put your concentration on your kidneys.
5. Imagine a salty taste in your kidneys. Think about salt or something salty and project that Flavor into your kidneys.
6. Lead the salty taste to the Kidney Collection Point.

7. Feel the connection between your tongue and your heart. Become aware of a bitter taste. Imagine a bitter fruit or drink or anything else that conjures up a bitter Flavor and taste that Flavor in, and around, your heart.
8. Lead the bitter taste to the Heart Collection Point.
9. Split your concentration and draw the salty taste from the Kidney Collection Point and the bitter taste from the Heart Collection Point to the Front Pa Kua or Star in Circle.
10. Feel the connection between your eyes and your liver. Imagine a sour taste. Imagine a sour fruit or sour pickle or anything else that evokes a sour Flavor and taste it, in, and around, your liver.
11. Draw the sour Flavor to the Liver Collection Point.
12. Inhale and exhale and feel the connection between your nose and your lungs. Imagine something very spicy. The Taoists called this Flavor pungent. So imagine a spicy pepper or a hot sauce or anything else that reminds you of spicy and taste it in your lungs.
13. Draw the spicy taste to the Lung Collection Point.
14. Split your concentration and draw the sour Flavor from the Liver Collection Point and the spicy Flavor from the Lung Collection Point into the Front Pa Kua or Star in Circle.
15. Feel the connection between your mouth and your spleen. Imagine a sweet taste in your mouth and on your lips. Imagine sugar or cotton candy or anything else sweet. Taste that sweet Flavor in your spleen.
16. Draw the sweet Flavor from your spleen directly into the Front Pa Kua or Star in Circle.
17. Blend all the Flavors together in the Front Pa Kua or Star in Circle. Imagine a food blender mixing up the different foods and Flavors that you have tasted up till now, until they are so ground up and mixed together, that no one taste predominates. It's all sort of neutral and innocuous tasting. Mix them around, spiral them until they are all blended together.
18. Visualize the Back Pa Kua (Star).
19. Spiral the blended Flavors from the Front Pa Kua or center of the Star and spiral Energy from the Back Pa Kua (Star) into the Cauldron at the Lower Tan Tien.

20. Form and spiral Energy from the Left and Right Pa Kua (Star) into the Cauldron.
21. Form and spiral Energy from the Upper and Lower Pa Kua (Star) into the Cauldron.
22. Condense the spiraling Energy to form a Pearl in the Cauldron. Imagine that the Pearl is transforming all the negative emotions into positive emotions.
23. Guide the Pearl into the Microcosmic Orbit. Do a few rounds. Roll your eyes up and down (as in Turning the Yin-Yang Water Wheel) as if you could turn them 360 degrees, to help guide the Pearl.
24. Return the Pearl to the Cauldron and Collect the Energy at the navel.

Bon appetite!

week fourteen

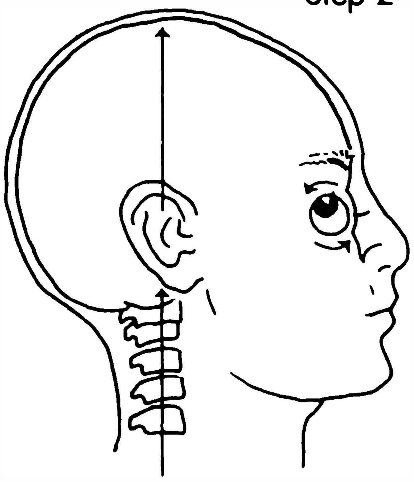
Chi Breath

Four-Square Breathing: Part 8

THIS FINAL PART OF Four-Square Breathing is one of my favorite exercises. With it you will complete the sequence of filling and packing the whole body with Chi (Energy). Quickly running the Energy through all the steps of Four-Square Breathing, is the best way I know to Energize myself in a hurry. If you're going to do all the steps, you have to move quickly or you will run out of breath. Sometimes I find that just putting my mind on the different points is enough. The Energy just follows in the direction my mind sends it.

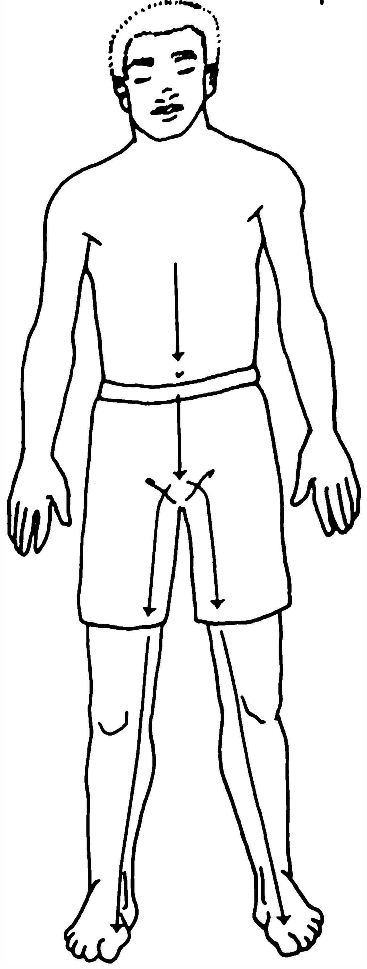
This week's lesson incorporates a Sexual Kung Fu technique you learned in earlier weeks. Again, the Taoist ability to use Sexual Energy in unique ways is evident here. I'm not going to tell you what it is, you'll have to read the numbered steps below. This is an incredibly powerful internal exercise, so please don't overdo it. It can be done standing, sitting or lying down.

1. Inhale a full Abdominal Breath, pushing down on the diaphragm and filling the lower, middle and upper part of the lungs with air.
2. Take a sip of air, look up toward your Crown Point with your inner eyesight and direct Perineum Power to the Crown Point, pulling up on your perineum and anus.
3. Take another sip of air, swallow it with a gulping sound, and push down on your perineum,


Step 2

so that the perineum area seems to expand downward toward the ground.

4. Close off the tip of your penis or the lips of your vagina.
5. Hold your breath and direct Energy, from the tip of your penis or from the tip of your clitoris, inside the closed off lips of your vagina, down both legs to the Bubbling Spring Point (or toes) and then back to the tip of your penis or clitoris again. Do this a few times if you have sufficient breath.
6. Exhale and hold the pull on the tip of your penis or lips of your vagina and clitoris.
7. Relax and walk around a little.


Step 3

With practice and combining this exercise with the other steps of Four-Square Breathing, you can literally give yourself an internal Chi massage from the very top of your crown to the soles of your feet. Sometimes, I feel my whole body just loosen up after I exhale.

I hope you have enjoyed learning and practicing Four-Square Breathing. When translating Taoist exercises into the written word, a means must be found to make them comprehensible. It is my sincere hope that I was able to simplify the steps and make each lesson comprehensible, so that now, as we come to the conclusion, you really can experience Internal Power, not simply as some intellectual concept, but as a powerful force filling your body with Energy.

Bone Marrow Breathing: Part 7

Breathing Through the Skin and Squeezing the Energy

You have learned the basics of Bone Marrow Breathing. At this stage you should be developing your ability to draw Energy into every bone in your body.

There is more to Bone Marrow Breathing. Most of it is too complex for me to teach you right now. You must work on the basics before you work on the advanced levels. What you have learned up till this final week works just fine, as I hope you have found out for yourself. However, I will give you a simplified version of some of the more advanced techniques, that should boost the effectiveness of your practice. There is also a further surprise in this week's Sexual Kung Fu exercise.

This week's lesson concerns Breathing Through the Skin and Squeezing the Energy directly into the bones.

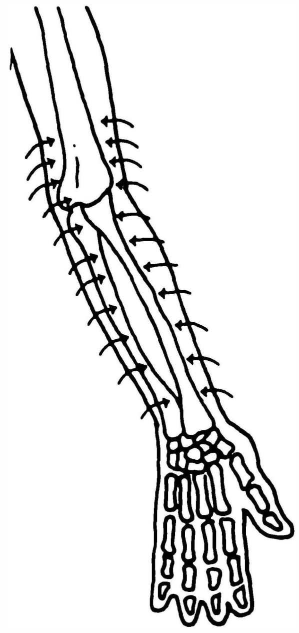
So much of what you have learned in this book was concerned with drawing Energy directly into the body. I have continuously referred to this as "breathing" although it is not breathing as this term is understood in the West. You've learned Hair Breathing, breathing into different locations on the body or in the body, Embryonic Breathing and Bone Marrow Breathing. All of these forms of Taoist breathing involve the movement of Energy, not air, into and out of the body.

The final step is bringing Energy right through your skin. The Taoists call this Skin Breathing or Whole Body Breathing. After thirteen weeks of practice, some of you will be able to do this easily. When you inhale, just feel or imagine that Energy is passing right through your skin.

What we want to do this week is not only draw Energy in through the skin, but to pack this Energy into the bones. This is accomplished by squeezing the muscles into the bones after you have inhaled Energy in through the skin. Squeezing is just what it sounds like. You tighten and squeeze your muscles.

Squeezing increases the pressure on the outer surface of the bones. As I taught you in Week Nine Bone Marrow Breathing: Part 2, when you increase the pressure on the bones, this has a piezo-electrical effect. This means that the electrical charge in the bones increases. This increases the Energy or life force in our body. Squeezing the bones is a very important part of the practice.

1. Do Bone Marrow Breathing so that you are breathing in and out of all your bones.
2. When you have built up to a steady flow of Bone Marrow Breathing, as you inhale, draw Energy right through your skin. At first you will only be able to do small sections of your body. With practice you will feel the entire surface of your body drawing Energy in and out.
3. Feel or imagine that as you inhale, Energy comes in through your skin, but when you exhale, air exits out your nose, but the Energy does not exit out through the skin. Instead the Energy remains inside the flesh, around your bones. Do a few breaths like this. You should feel a build up in pressure around your bones.
4. Hold your breath and squeeze and tighten every muscle in your body as you mentally direct the Energy into your bones.



5. Exhale, relax and normalize your breathing and do a few more rounds.

Bone Marrow Breathing is one of the great exercise systems in the world for health prevention and maintenance. As I write about it today it is practically unknown in the world. I wonder if this will all change in the Twenty-first Century?

Chi Kung

The Silkworm

As I was writing this book, I had the privilege to study a system of Chi Kung that I had never before encountered. This is the Er Mei tradition developed at the Taoist monastery on Mount Er Mei in China, dating back with an unbroken lineage to the thirteenth century.

Most of what I learned is probably much too complex to be written down in a comprehensible form. But I wanted to teach you one simple exercise I learned from the Er Mei tradition before I ended this book. This exercise is known as the Silkworm. It is most useful to help open and keep open the Dragon and Tiger Cavities (Lao Gung) in the center of the palms of both hands. These are the most important points on your body for sending and receiving Energy. To do it you:

1. Bring you arms in front of your body. Your elbows are slightly bent downward. Your hands are held at approximately the level of your solar plexus (although this is not critical), palms face downward, with fingers held together, including the thumb, pointing forward.
2. Moving just your hands and fingers, imitate the movement of a silkworm (caterpillar) as if it were crawling across a flat surface. The movement of your hands should be gentle, flowing and rhythmic.
3. Do it for at least a minute. Do it as often as you like.

That's all there is to it. It's great for stiffness in the hands; it really does help to open and increase the effectiveness of the Dragon and Tiger Cavities and it increases the flow of Energy (Chi) in your arms.

This is a soft and gentle exercise. It will increase your sensitivity. You can learn from the Silkworm.

Body

Standing Chi Kung

Moving Forms

Throughout this book I have concentrated on static, non-moving forms in these standing exercises. If there was any movement at all, it was just in the arms.

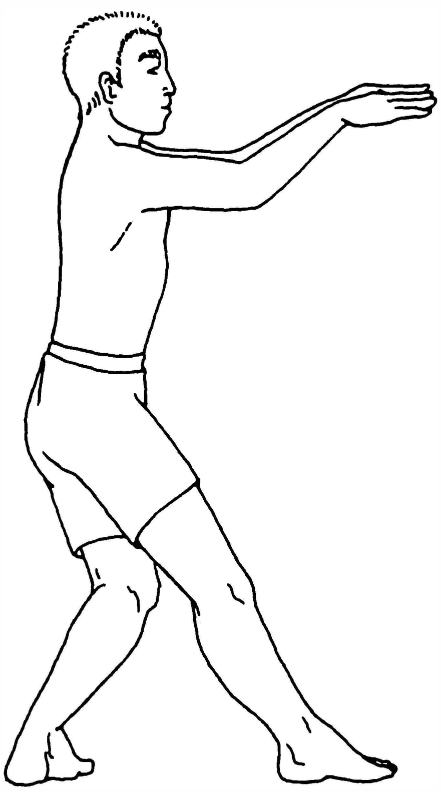
Virtually all of the Single-Weighted standing postures can be transformed into moving forms. In the Single-Weighted stances, the front leg points forward and the rear leg is held at a 45-degree angle. I've taught you to stand in these positions with approximately 70 percent of your weight on the rear foot and 30 percent on the front foot.

To turn any static form into a moving form, you must press forward with your arms as you shift your weight forward on to the front foot and then draw the arms in as you shift your weight back onto the rear foot. Keep the movement flowing and rhythmic. Try to keep the muscles of your arms soft and supple, they should not feel heavy and tense. Your arms should feel light and almost weightless as you shift your weight back and forth from the front to the rear foot and back.

You can keep your mind calm and relaxed or you can do Bone Marrow Breathing as you rock back and forth. The aim is to get your entire body to move in coordination with all its parts.

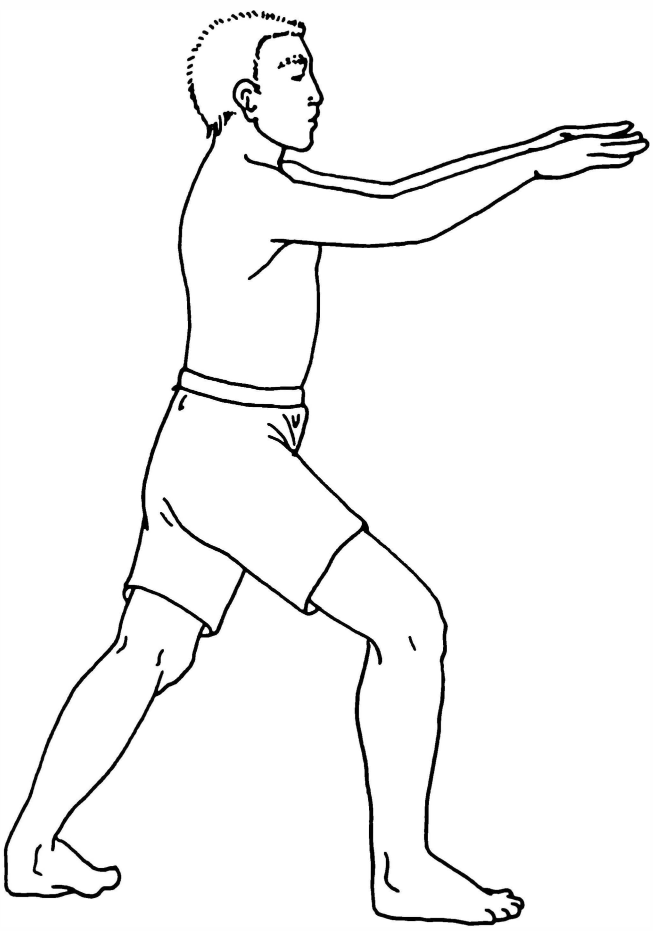
I will use a slightly modified Embracing the Tree in the Single-Weighted form as an example (the hand position is different), but as I said, you can adapt the movements to any Single-Weighted form.

1. Assume the Embracing the Tree Single-Weighted posture.
2. Your right foot faces forward and your left foot is about one to one and one-half feet behind it. Your rear left heel should be almost directly behind your front right heel. Your torso is aligned with your front foot.



Step 2

Step 7



3. The rear left foot points to the side at a 45-degree angle.
4. Place approximately 70 percent of your weight on your left rear leg and 30 percent on your front right leg.
5. Your arms are rounded and raised to approximately shoulder height with elbows bent.
6. Your palms face down toward the ground with fingers pointing forward.
7. Shift forward, placing almost all your weight on your front right foot. (You can lift the heel of your left rear foot off the ground, balancing on the ball of the rear foot and the toes, as you shift your weight forward.)
8. Gently press forward with your hands until your arms are almost fully extended. Use your scapula to move your arms. Relax the muscles of your arms.
9. Pull your scapula back and your arms move back. Sink your elbows, as you shift your weight back to your rear left leg. (You can lift up the toes of your front right foot, balancing on the front right heel, as you shift your weight to the rear foot.)
10. Repeat in an unbroken, constant pace for at least a few minutes.
11. Switch legs, with left leg in front and right leg in rear.

You can also do this exercise with your torso aligned toward your rear foot and your head facing forward as in the Parting the Water form.

You can alter the hand position as you wish. In the example above we used palm down, but you can also use palms facing each other, palms up, palms facing away from each other, palms facing your chest or palms facing away from your chest. You can also do the Silkworm exercise with your hands as you move them back and forth.

Taoists liken the movement of this exercise to gently reeling in raw silk. Your body should remain as relaxed as possible. With your mind, not your muscles, guiding the movement of your arms. There should be some sense of resistance as you move back and forth that is somewhat difficult to describe in words. When you shift forward to your front leg, there should be some sense as if you are moving in water that flows against your movement. When you shift back to your rear leg, imagine that the reeled silk is trying to gently pull you forward. In other words, when you push forward, there is some sense of being pushed back and when you pull back there is a sense of being pulled forward. With a little practice you should have no problem feeling this.

There are literally dozens and dozens of variations of this form of exercise. You can practice Rooting when doing it. It is excellent for doing together with Bone Marrow Breathing.

Experiment for yourself and find the forms that appeal to you most. You can make them up just for yourself, if you like. Just follow the general rules, have fun and practice every day.

Here ends our exploration of Standing Chi Kung, but the information you have learned here should stay with you for a lifetime.

Fusion of the Five Elements: Part 9

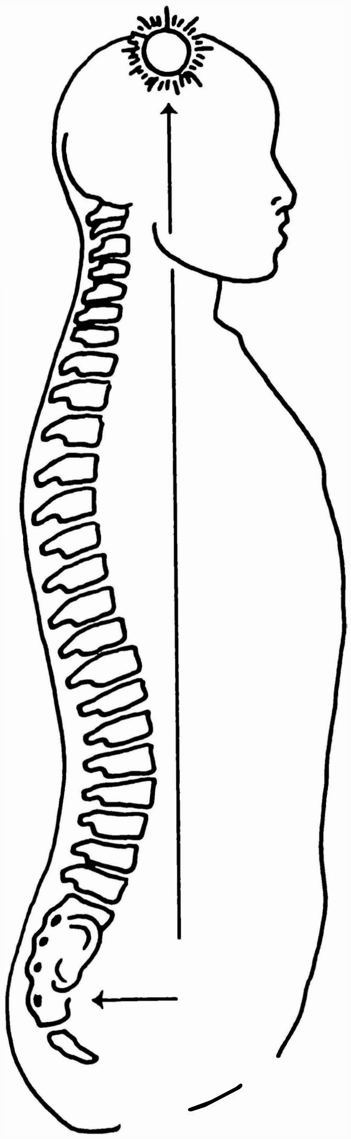
Projecting the Pearl Overhead

In this final week of practice, you will learn one of the great secrets of the practice of Fusion of the Five Elements. You are going to make use of what you have learned up till now, to project a Pearl over your head.

hen Mind

You've learned how to create the Pearl in the Cauldron in the Lower Tan Tien for eight weeks now. In each one of the previous Fusion of the Five Elements sections, I also had you circulate the Pearl in the Microcosmic Orbit. Remember back in Week Six when you began learning Fusion of the Five Elements, I told you that another name for the Pearl was the Inner Pill. It is the medicine that you prepare in the Cauldron, which you form in the Lower Tan Tien or Medicine Field.

The Pearl gets stronger and easier to form the more you practice. As it gets stronger it begins to congeal and grow more stable. The Pearl is also a condensation of the Life Force. As such, you can project it over your head. Once it is projected overhead, it is capable of serving many functions including absorbing Energy, protecting your aura and forming the Energy Body, which is beyond the scope of this book. It is also used in the final Sexual Kung Fu exercise



Step 22

which follows this section, which is the reason why the Third Treasure Fusion of the Five Elements exercise comes before the Second Treasure Sexual Kung Fu exercise this week.

To project the Pearl overhead, you must first create the Pearl, circulate it in the Microcosmic Orbit, activate both the Sacrum and Cranial Pumps, raise the Pearl to the top of the head and shoot it up over your head, where it should hang suspended while glowing like a burning Fourth of July sparkler.

1. Sit up in a chair with your hands clasped and the tip of your tongue raised to the roof of your mouth. Visualize your body surrounded in turn by each of the five colors of the Elements. Start with red. Then yellow, white, blue, and green.
2. Smile into your eyes. (You can do the entire Inner Smile practice including front, middle and back line.)

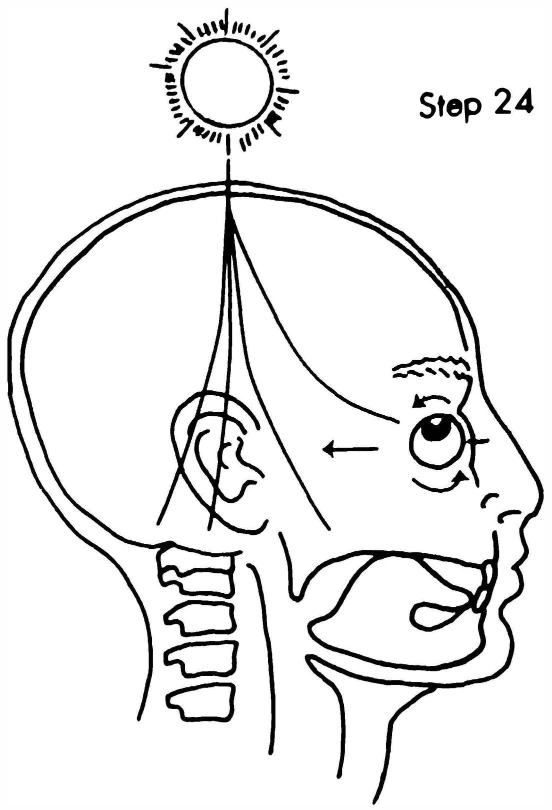
3. Form the Front Pa Kua or Star in the Circle.
4. Listen down to your kidneys. Feel the connection between your ears and your kidneys.
5. Visualize the kidneys bathed in sapphire blue (or shiny black) light and draw the Water Energy of the kidneys down to the Kidney/Water Collection Point at the perineum.
6. Feel the connection between your tongue and your heart.
7. Visualize your heart bathed in red light and draw the Fire Energy to the Heart/Fire Collection Point in the center of your chest.
8. Divide your concentration in two and simultaneously spiral and draw the Energy from the Kidney/Water and Heart/Fire Collection Points into the Front Pa Kua and blend them there.
9. Look inwardly toward your liver and feel a connection between your eyes and your liver.
10. Visualize your liver bathed in Emerald Green light and draw the Wood Energy to the Liver/Wood Collection Point to the right of the Front Pa Kua (Star).
11. Feel the connection between your nose and your lungs.
12. Visualize your lungs bathed in silvery white light and draw the Metal Energy to the Lung/Metal Collection Point to the left of the Front Pa Kua (Star).
13. Divide your concentration in two and simultaneously spiral and draw the Energy from the Liver/Wood and Lung/Metal Collection Points into the Front Pa Kua (Star) and blend them there with the Fire and Water Energy.
14. Feel a connection between your lips and your spleen.
15. Visualize your spleen bathed in golden yellow light and draw the Earth Energy directly into the Front Pa Kua (Star) and blend it with the Energies of the other four elements.
16. Visualize the Back Pa Kua (Star).
17. Spiral the blended Five Element Energy from the Front Pa Kua (Star) and from the Back Pa Kua (Star), spiral the Tai Chi Symbol or center of the Star into the Cauldron at the Lower Tan Tien.
18. Form and spiral Energy from the Left and Right Pa Kua (Star) into the Cauldron.

19. Form and spiral Energy from the Upper and Lower Pa Kua (Star) into the Cauldron.

20. Condense the spiraling Energy to form a Pearl in the Cauldron.

21. Guide the Pearl into the Microcosmic Orbit. Do a few rounds. Roll your Eyes up and down (as in Turning the Yin-Yang Water Wheels) as if you could turn them 360 degrees, to help guide the Pearl.

22. Activate your Sacral Pump and Cranial Pump and raise the Pearl to the top of your head.



Step 24

23. Pull in on your eyes and look up toward your Crown Point.

24. Inhale. Then exhale sharply out of your nose and mentally shoot the Pearl over your head between two to six inches.

25. Practice controlling the Pearl overhead for a few minutes.

26. Dissolve the Pearl and draw it back into the body by releasing the Sacral and Cranial Pumps.

27. Collect the Energy at your Navel.

After you are proficient at projecting the Pearl overhead, you can visualize it changing into each of the five colors of the Rainbow Aura. With each color, feel a protective shield form around your body. This will serve to protect you and your aura.

Sexual Kung Fu

The God and Goddess

I've been thinking about how to write this final exercise since I first started writing this book. This one will tie everything together. The God and Goddess is in harmony with the Tao. Read it and see what I mean. I will give this exercise in narrative form.

Raise your tongue to the roof of your mouth.

Form the five colored Rainbow Aura around yourself. Red, yellow, white, blue (or black) and green.

Do a fast smile into your eyes and organs.

You will do the basic Fusion of the Five Elements formula, forming the Front Pa Kua or Star and connecting the Five External Organs with the Five Internal Organs and drawing their Energy into the Front Pa Kua (Star) as previously taught.

Form the Back Pa Kua or Star and spiral Energy from the Front and Back Pa Kua into the Cauldron.

Form the Left and Right Pa Kua or Star and spiral Energy into the Cauldron.

Form the Top and Bottom Pa Kua or Star and spiral Energy into the Cauldron. You will have formed Pa Kuas or Stars in six directions: front, back, left side, right side, above and below, all spiraling Energy into the Cauldron.

Form a Pearl in your Cauldron.

The next step brings us to the threshold of the Third Form of Taoist Sex.

You will allow the Pearl to descend down to your testicles or ovaries and you will begin Turning the Yin-Yang Water Wheels. You will feel the connection between the revolving motion of your eyes with the revolving motion of your testicles/ovaries (Water Wheels).

See the Golden-Robed Boy and Silver-Robed Girl in your left and right eyes, respectively.

Visualize the downward pointing mirror in you head. Reflect the Boy and Girl down to your testicles/ovaries.

See the feet of the Boy and Girl walking on the Water Wheels. Feel the Water Wheels turning. Feel your eyes turning. Visualize the Pearl in your testicles/ovaries.

The Pearl circulates first to the Cauldron in the Lower Tan Tien. Instead of leaving the Pearl in the Cauldron, allow it to descend down the Functional Channel back to your testicles/ovaries. Do it a few times.

Next, circulate the Pearl up to the Cauldron in the solar plexus (Lower Middle Tan Tien) and back down again. Do this a few times.

Next circulate the Pearl up to the Cauldron in the Heart Center (the Upper Middle Tan Tien) and back down again. Do this a few times. Do the Heart Healing Sound H-a-a-a-a-w, two or three times.

Finally circulate the Pearl up to the Cauldron in your head, the Upper Tan Tien. Do a full circulation, bringing the Pearl up the Governor Channel and down the entire Functional Channel. Then bring the Pearl up to your head.

You are going to shoot the Pearl up, over your head, about two to six inches. Turn your eyes upward and inward. Look up toward your Crown Point. Activate your Sacral and Cranial Pumps. Shoot the Pearl out of the top of your head while forcefully blowing air out of your nose.

Visualize the Pearl, glowing like a Fourth of July sparkler, two to six inches above your head. Just visualize a burning sparkler to activate it. Let it sparkle for awhile.

You are now going to visualize a God and Goddess forming inside the Pearl. The Pearl will just seem to expand, allowing this to happen. Place your concentration on the God and Goddess. They are both naked and magnificently formed.

Visualize this beautiful God and Goddess above you. Feel the Goddess intertwine with the naked God, like the Yin and Yang of the Tai Chi symbol coming to life. Feel their undulations as they begin moving together. They start making love in harmony with the flow of the Universe. Touching each other. Caressing each other. Arousing each other.

You can see and feel their arousal. The Goddess' breasts swell and her nipples are tumescent. The God's penis is fully erect. The Goddess' vagina is moist and swollen. You can see the passion surging between their eyes.

She is Mother Yin. The Mother of all femininity. She is beautiful beyond words. She is your ultimate projection of feminine sexuality.

He is Father Yang. The father of all manhood. He is masculine beyond all words. He is your ultimate projection of male sexuality.

She is the Mother of the Jade Fountain. He is the Father of the Jade Stalk. The Goddess guides the God's Jade Stalk into her Jade Fountain. They join together in ecstasy. Feel his penis moving in and out of her vagina. Feel her Jade Fountain moving up and down on his Jade Stalk. Feel her grip him, then release him. Use all the powers of your imagination to make it real.

Let the Energy build. Feel a connection with your own sexual organs. Feel yourself getting aroused. Feel Orgasmic Energy growing above you and inside you. The Sexual Energy from above and below seems to merge together.

The feelings become so intense that you can no longer maintain visualizing the God and Goddess. They seem to blend together. You can no longer tell where you, the God, or the Goddess, begin or end. It is as if you have all joined together.

You sense the Sexual Oneness of the universe, the creative Energy of the universe. The Original Energy. Orgasmic Energy. The *best* Energy. The Sexual Energy created by the God and Goddess overflows the Pearl like a sexual fluid. It drips down onto the top of your head. The Taoists call it Nectar.

The Nectar is the condensed Sexual Energy of the God (Heaven) and Goddess (Earth). It is the Jing Chi of the union of Heaven and Earth. It is a gift from the Tao.

When the Nectar touches your Crown Point, it is instantly absorbed into your skull. You might sense its sweet taste or aroma as it drips down from above.

As the Nectar continues to drip down, you notice something new. Your bones begin to light up. Your interior bones just seem to light up inside of you, like electric lights being turned on.

You might feel your body shuddering as the Nectar drips down from above. You might hear a sound like a "ping" (liquid dripping into a Cauldron). You might feel intense sexual sensations running all through you.

You might feel the Nectar dripping down from your Crown to the Cauldron in the Middle Tan Tien at your heart and then down to your solar plexus Cauldron. You might feel the Nectar drip down to the Cauldron in your Lower Tan Tien or all the way down to the Water Wheels at your testicles/ovaries.

Absorb the Pearl back into your body. Allow it to descend down to the Cauldron in the Lower Tan Tien.

If you are able, begin doing Bone Marrow Breathing. Breathe into your arms and legs simultaneously. Do this until all of your bones are breathing.

Then begin breathing through your skin and squeeze the Energy into your bones as you learned earlier this week.

The light spreads into your entire skeleton. See every bone light up; from the top of your head, to the tip of your toes. It is as if you can just look inside them as soon as you put your mind on them.

Once you can see into them, your bones will begin to transform. You'll know when it happens. You will also be able to see into your organs or any other part of your body.

Where all this will take you, is up to you. Each time you read this exercise and do it, your experience will be different. Sometimes you will feel yourself dissolve into the ecstasy of the God and Goddess. Sometimes the Nectar will drip, sometimes not. Sometimes your bones and organs will light up, sometimes not. Sometimes it's just enough to sense the Pearl over your head. Sometimes you will clearly see the Pearl glowing as it hangs suspended over your head. This Pearl helps connect you to the universe. It is the condensation of your Life Force. It is the beginning of the process of immortality.

At the end of the exercise, Collect the Energy in your Lower Tan Tien.

Love making between the God and Goddess connects you with the primordial sexual forces that underlie all of creation. It connects Heaven (Yang) and Earth (Yin). It is the Third Form of Taoist Sex. The Nectar that drips down from the God and Goddess is an External Alchemical Agent that is drawn from outside your body to transform you. Consider it to be concentrated Life Force.

The first form of Taoist Sex is physical sex, single and dual cultivation. The Second Form of Taoist Sex is Internal Sex. Seminal and Ovarian Kung Fu, and Turning the Yin-Yang Water Wheel, are examples of Internal Sex. In more advanced stages of Internal Alchemy a new concept, self-intercourse, becomes crucial to the process. This is used to conceive the Immortal Fetus. But these are mysteries for another day.

The Third Form of Taoist Sex is Intercourse with a God and Goddess. This is what you have just learned. This exercise teaches you about the Oneness of the universe.

Beyond that, there is nothing more I can write.

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